

SCHOLASTIC COACH





secure in every step and stride

with

Snug Tie
PATENT PENDING

track shoes

A RIDDELL EXCLUSIVE

Track and field men now have complete heel hugging confidence in lightweight, skillfully constructed shoes by RIDDELL. With the RIDDELL SNUG-TIE feature, taping track shoes is a thing of the past . . . shoes slipping off the heel is positively eliminated! Where seconds count so much, security is vital in every step and you can rely on RIDDELL to outdistance all others. There are no finer track shoes in all the world!

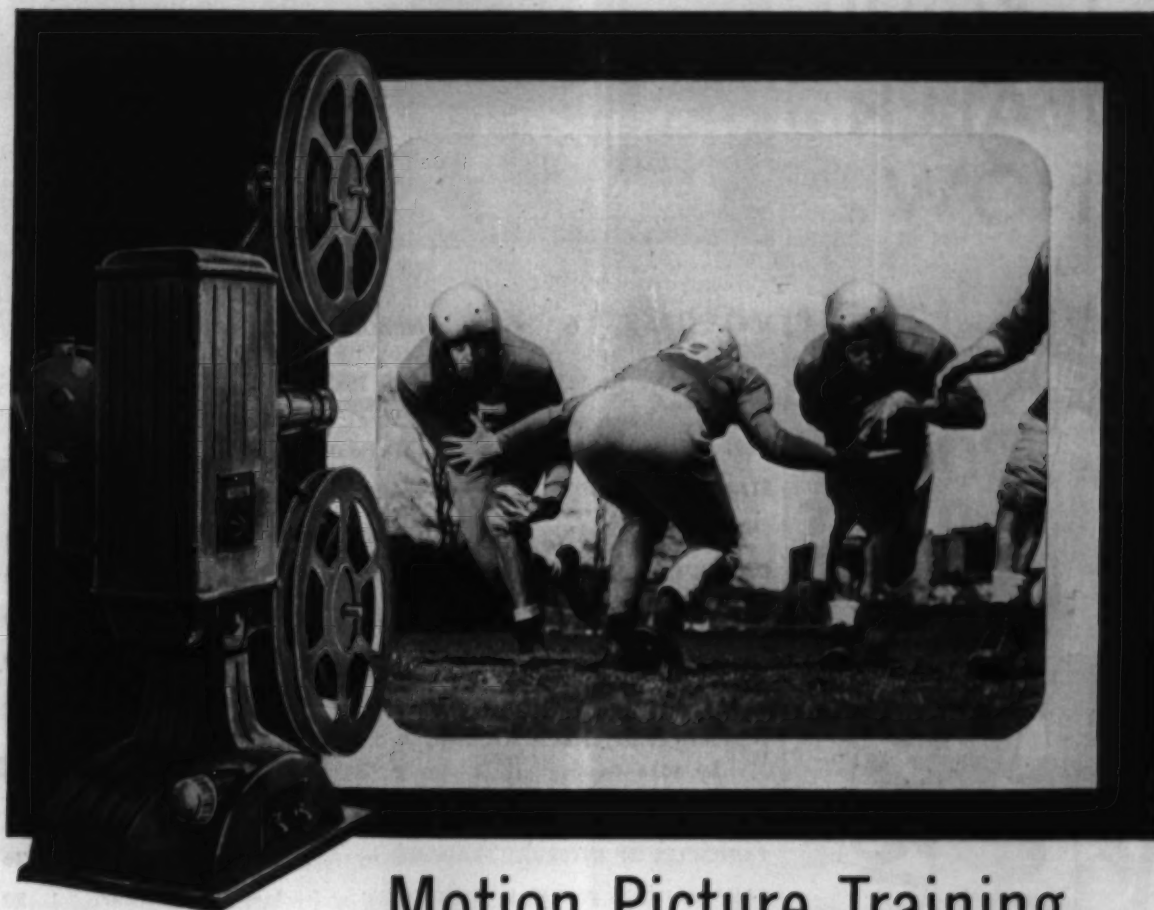
- Style NX—Goodyear Welt Model
- Style S—Yellowback Kangaroo SPRINT Model
- Style T—Full Grain Specially Tanned Model in RED, BLUE or BLACK

SEE YOUR RIDDELL DEALER!

JOHN T. Riddell[®] INC.

Chicago

Specialists in Finer Athletic Equipment for Head and Foot!



Motion Picture Training CAN SMOOTH OUT YOUR HAND-OFFS

Hand-off, buck lateral or buttonhook—motion picture playbacks can help sharpen your team's attack. Even the trickiest plays come easier when your players can *see themselves* in action.

This calls for high-speed, wide-latitude films that catch every motion. When shooting daylight games, Du Pont 930 gives you all the speed necessary for overcast days and later afternoons. For night games, under existing field lighting, you can count on

Du Pont 931 for clear, sharp pictures of every play.

Type 930 and 931 Rapid Reversal Motion Picture Films are a cinch to handle, too. These rugged films can be processed quickly for viewing soon after a scrimmage or a game.

Why not put the motion picture camera to work for you! Just mail the coupon for more information and a list of processors in your own area who are equipped to give you fast processing service.

DU PONT
MOTION PICTURE FILM



BETTER THINGS FOR BETTER LIVING... THROUGH CHEMISTRY

Du Pont
2420-2 Nemours Bldg.
Wilmington 98, Delaware

Please send list of processors and complete data on
Du Pont High Speed Motion Picture Film.

Name _____ Title _____

School _____

Address _____

City _____ State _____

3011

AT YOUR
DEALER
NOW



ROCKET DARTS



For Kids
and Adults!

Popular all-year sport for all ages. It's fun, accurate, safe, and harmless. Set includes 19" laminated playing board with 4 specially made rubber suction darts, large colored feathers.

Sportcraft
SPORTS GAMES
215 FOURTH AVE. NEW YORK, N. Y.

SCHOLASTIC COACH

Reg. U. S. Pat. Off.

VOLUME 26 • NUMBER 3 • NOVEMBER

IN THIS ISSUE

HERE BELOW (Straight Right and Left Hook)	5
STANFORD'S 3-2 POST-SCREEN ATTACK by Howard Dallmar	7
SHAKING OFF A TIGHT GUARD (Picture Sequence)	8
DePAUL'S WEAVE AND PIVOT ATTACK by Ray Meyer	9
ST. LOUIS' 2-3 SET ATTACK by Eddie Hickey	10
SAN FRANCISCO'S THREE-QUARTER PRESS by Phil Woolpert	12
A GOOD SPORTSMANSHIP PLAN by Ralph L. Bontrager	16
A MULTIPLE DEFENSE FEATURING A DIAMOND & 1 ZONE by John Toomasian	18
USE YOUR HEAD by Howard G. Knuttgen	22
PRINCIPLES OF INTERVAL TRAINING by A. S. Lewis	26
FALL TRAINING FOR H. S. BASKETBALL by Garland F. Pinholster	30
A FLEXIBLE "SWITCH" OFFENSE by Irwin P. Diamond	36
NEW BOOKS ON THE SPORT SHELF	40
COACHES' CORNER	48
THE TEN FOOTBALL SAFETY COMMANDMENTS	51
NATIONAL FEDERATION GRAPEVINE	62

Cover: Scholastic-Ansco Photography Awards, Sports,
by Willis Risser, West-Allis (Wis.) Central School

Publisher • G. HERBERT McCracken

Editor • HERMAN L. MASIN

Advertising Manager • OWEN REED

Art Director • MARY JANE DUNTON

SCHOLASTIC COACH IS ISSUED MONTHLY TEN TIMES DURING THE ACADEMIC YEAR (SEPTEMBER THROUGH JUNE) BY SCHOLASTIC MAGAZINES, INC., M. R. ROBINSON, PRESIDENT, PUBLISHERS OF SCHOLASTIC MAGAZINES FOR HIGH SCHOOL STUDENTS.

ADDRESS ALL EDITORIAL AND ADVERTISING COMMUNICATIONS AND ALL CORRESPONDENCE CONCERNING SUBSCRIPTIONS AND CIRCULATION TO SCHOLASTIC COACH, 33 WEST 42 ST., NEW YORK 36, N. Y.

SUBSCRIPTIONS FOR THE UNITED STATES, \$2.75 A YEAR, CANADA, \$3. FOREIGN, \$3.25. BACK ISSUES: CURRENT VOLUME, 35c; PREVIOUS VOLUMES, 50c.

THE ENTIRE CONTENTS OF SCHOLASTIC COACH COPYRIGHT, 1950, BY SCHOLASTIC MAGAZINES, INC. ACCEPTED AS CONTROLLED CIRCULATION PUBLICATION AT NEW YORK, N. Y.

SCHOLASTIC COACH IS A MEMBER OF THE BUSINESS PUBLICATIONS AUDIT, A BUREAU FOR EXAMINING AND AUDITING CIRCULATION FIGURES FOR THE PROTECTION OF ADVERTISERS. BPA STATEMENTS OF SCHOLASTIC COACH CIRCULATION SUPPLIED ON REQUEST. THROUGH THIS SERVICE, SCHOLASTIC COACH ADVERTISERS RECEIVE INCONVERTIBLE EVIDENCE OF THE CIRCULATION THEY ARE PAYING FOR.

BPA

A New Improved Suspension Helmet!



Improved fixed suspension that completely cradles the head and prevents contact with the top of the helmet, no matter what the force of the blow!

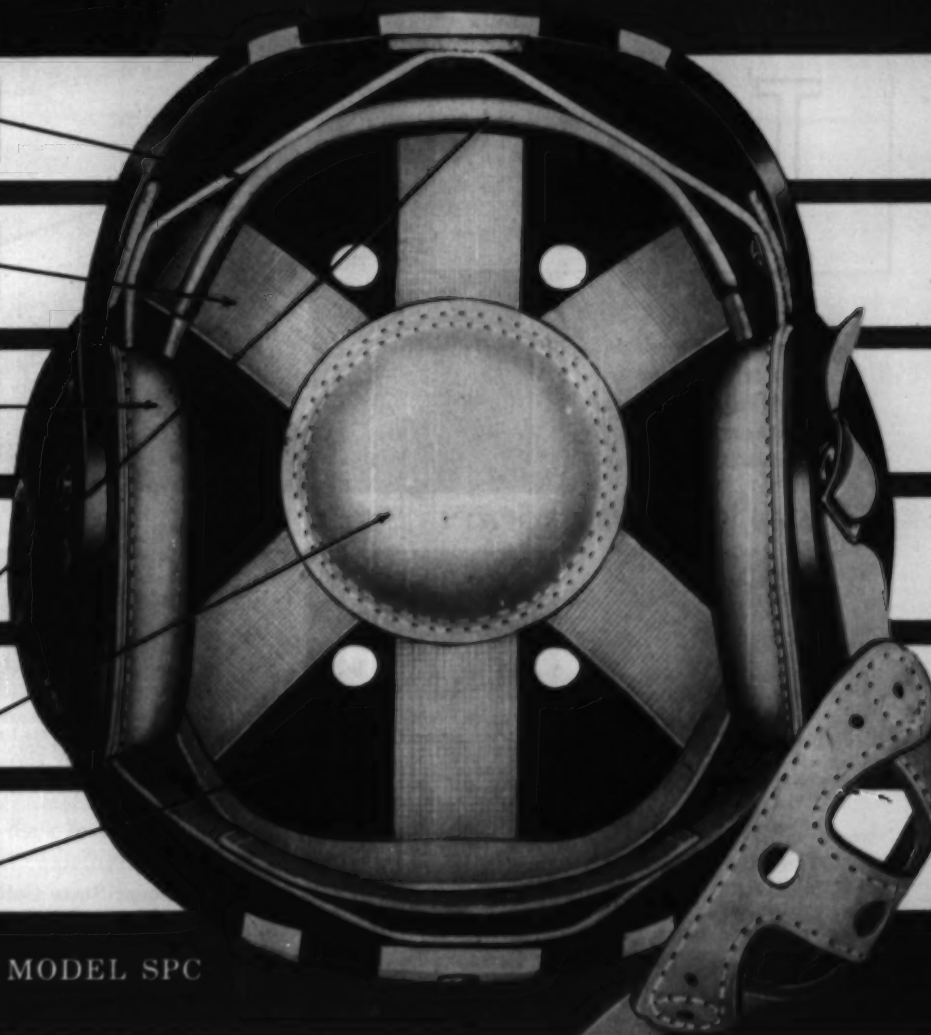
Improved drive-belt web is stronger, stretch-proof, more comfortable—spreads force of blow over greater area, gives more resistance to impact.

New snap-on jaw pads are made of extra-thick, Super Aire-Guard Vinyl and foam rubber, and covered with soft leather. Self-adjusting to fit every face.

Forehead web band is padded with Aire-Guard Vinyl and covered with soft leather.

Oversize rubber-padded soft leather center disc adds safety and comfort.

Tough one-piece Tenite plastic is of long oval design—has colors molded in—fits full depth over the head, gives extra coverage to the lower face and jaw as well as the base of the skull.



MODEL SPC

Greater safety, greater comfort in this latest Rawlings advancement

Compare this outstanding development in football safety . . . a padded wider-web suspension that completely protects every vulnerable area of the head from danger . . . that absorbs and dissipates the sharpest shock and heaviest impact . . . that fits more comfortably and is cooler to wear . . . that has the advantage of extra-thick, soft snap-on jaw pads, face-conforming, renewable . . . that gives maximum protection without restricting head movement. This is another forward step in head protection by Rawlings—an outstanding addition to the already famous line of Rawlings Head Cushions.

RAWLINGS SPORTING GOODS CO. • ST. LOUIS • LOS ANGELES • DALLAS • CHICAGO

Licensed under Patent No. 2,250,275

Rawlings

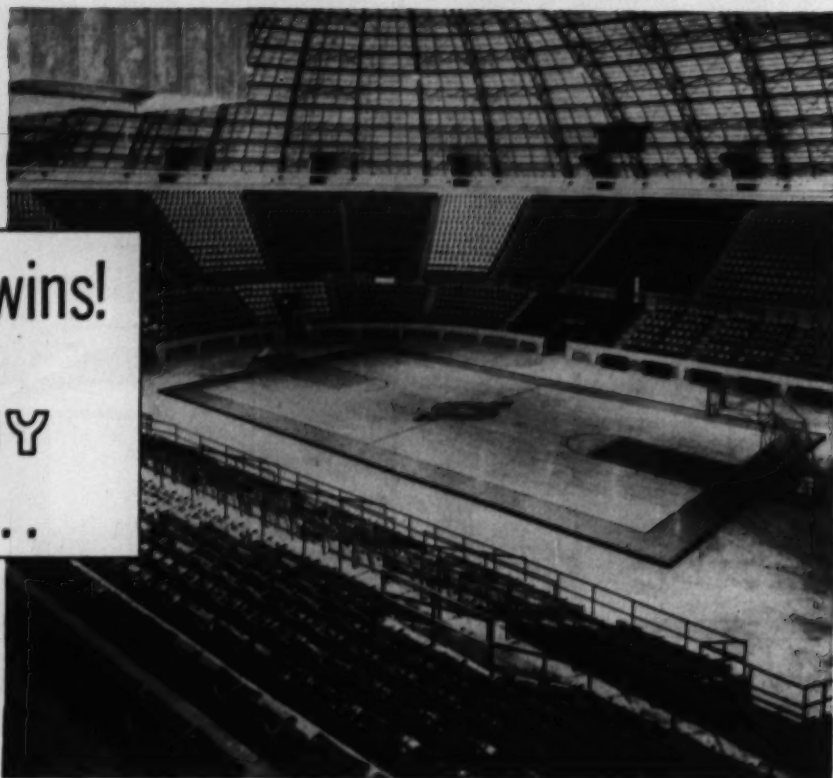
"The Finest In The Field!"



everybody wins!

on this
TROPHY
FLOOR...

TROPHY "Finish for Champions"
was selected for this beautiful
portable floor, fabricated by
Lawson and installed in the huge
Auditorium-Coliseum,
Lubbock, Texas.



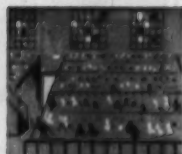
Everybody Wins With TROPHY!



COACHES
for the beautiful,
tournament-caliber
appearance.



PLAYERS
for the sure-footed
slip resistance



SPECTATORS
for the non-glare,
light color which
helps them to see
plays clearly (live or
televised!)



ADMINISTRATORS
for the extra long
wear and economy.
TROPHY outwears
all other finishes by
more than 2 to 1!



CUSTODIANS
for ease of
maintenance and
appearance.



Lawson, Inc., is noted as the manufacturer of such outstanding portable floors as those in: Recreation Building, Dallas, Texas; University of North Dakota Field House; State Coliseum, Montgomery, Alabama; Memorial Auditorium, Birmingham, Alabama; Field House, Lake Forest College, Illinois; Will Rogers Memorial Coliseum, Fort Worth, Texas; Omaha, Nebraska, Memorial Auditorium; and many others.

MAIL THIS COUPON TODAY!

HILLYARD—St. Joseph, Mo.

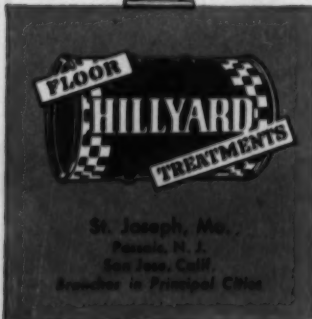
Without charge or obligation, please have my Hillyard Maintainer show me how I can have a championship TROPHY floor, at no extra cost.

Name.....

Institution.....

Address.....

City..... State.....



Depend on your
nearby Hillyard
Maintainer
for help on your
floor treatment
problems...
he's "On Your
Staff, Not Your
Payroll."



Here
Below

Straight right and left hook

THE Lord and Avery Brundage willing, the 1956 Olympic Games will open on the road this month, and it's sure to be a smash hit. It's got a plot that can't miss: Can the lions of liberty thwart the thralls of totalitarianism? Can youth weaned on hot dogs and the constitution chuck a javelin farther than youth weaned on borscht and the hammer and sickle?

Now there's a plot with more social significance (and heart burn) than a May Day speech in Moscow!

We hope this doesn't sound too irreverent. To many people—particularly the AAU crowd—the Olympics is far more than a glorified track meet. It's a sacred sun dance, an international passion play, an Elysian field day. Knock the Olympics and you knock the divine.

Well, our intent isn't really to rap the Olympics. It's merely to establish a realistic perspective . . . to quash any attempts to sanctify the Olympics or to twist it into a thunderous conflict between good (Americans) and evil (Russians). Foolishness like this distorts the whole basic concept of the Olympics. The Games then either cease to have any meaning or they take on a distinctly sinister hue.

We'd hate to see this happen. Sure we know that first the Nazis and now the Russians have attempted to exploit the Olympics for national aggrandizement—to prove their physical superiority to the world. But we shouldn't permit ourselves to be hooked by this totalitarian bait—to be prodded into an orgy of frenzied nationalism.

Let's retain that good old American horsensense, that sense of balance and sanity, that dedication to idealism which has always distinguished us in international competition. Let's always remember that *the Olympics is a friendly competition where participation and not winning is the beau ideal.*

At the same time, let's not break into a sweat over any untoward incidents. There'll always be rhubarbs of one sort or another; there'll always be disappointments and frustrations. But these are all part of the game—any game, whether it's just a Little League contest or an international hockey match.

The thing to remember is that the Olympics is nothing more than a king-sized game. But therein lies its *raison d'être*. By giving the world's outstanding athletes a chance to compete against one another in a profoundly dramatic setting, the Games serve to dramatize, popularize, and incentivize the cause of athletics and physical fitness.

That's all the justification the Games need, and we should never permit any starry-eyed or machiavellian politicoes to distort it with their celestial or jingoistic bombast. Once we start believing their brand of pap, the Olympics will begin withering on the vine.

So, here's to our Olympic Team. May they bring home enough gold medals to stock another Fort Knox. But even if they don't win as many as the next guy, that will be okay too. Cripes, even the Yankees lose a world series once in a while!

SHOULD AULD ACQUAINTANCE . . .

SCHOOLBOY sports will launch the new year on at least one sorrowful note. On January 1, Mr. E. A. Thomas, the venerable commissioner of the Kansas HSAA, will bid farewell to the administrative scene. And what a hole that man will leave.

For "Tommy" has been a Gibraltar on the schoolboy front for 30 years, lending a mountain of strength to both the Kansas Association and the National Federation. A man you could always count on in every battle for the right, his legacy is forged on the anvil that has kept school sports strong and progressive.

Scholastic Coach is going to miss "Tommy." We sort of grew up with the Kansas titan and have always found him to be a loyal and generous friend. If ever a man deserved a long and happy tomorrow, that fellow is "Tommy." We wish him every goodness in life.

WETWASH FROM WASHINGTON

WHENEVER an irresponsible laundryman starts hanging his soiled linen in public, the landscape is bound to be defaced. And that's precisely what's happened since George Preston Marshall, the laundryman who operates the Washington Redskins, started exhibiting his wares this fall.

Described euphemistically as a "rugged individualist," Mr. Marshall has been bellowing off the top of his head with little regard to fact, sensitivity, or sensibility. The result is that practically every time he opens his mouth, he puts his wet-wash into it.

Take his latest bundle, for example: "Ninety percent of the Eastern College presidents ought to be fired for destroying the game they created . . . the destruction of Eastern football comes from the teams which made it—Harvard, Yale, and the rest."

The facts: Nobody has destroyed anything. What the Ivy League has done is clean house—restored sanity and balance to football by riveting it to the educational framework. Practically every outstanding athletic administrator agrees that the Ivy League set-up is the desideratum supreme—a model for every athletic conference.

Marshall moving westward: "Nothing could be more disgraceful than that situation in California. It's idiotic (for the Pacific Coast Conference to suspend and fine several

(Continued on page 60)



The Wilson Jet basketball hangs on!

Here's a basketball built to stay with the player. With Wilson's exclusive GRIP-TITE process, this ball won't slip away . . . even when wet from perspiring hands. The Jet was designed to meet every test of modern fast-action play.

Improved four-ply fabric carcass produces a livelier ball with maximum rebound. The full-grained, pebbled leather cover is vulcanized to the carcass for extra durability. Get Jet for non-slip traction. Last-Bilt construction assures true balance.

Wilson COMET basketball shoes

The Comet gives the player maximum traction in fast play. Features a molded natural rubber outsole with "gripper ridge" around the entire sole. Uppers made of white duck, loose lined with ventilated eyelets. Also full-length sponge insole, cushion heel, arch support, and reinforced inside backstay.



Wilson

The Wilson name is part of the game

Wilson Sporting Goods Co., Chicago • Fastest nationwide service from 32 branch offices • (A subsidiary of Wilson & Co., Inc.)



Diag. 1

Post-Screen Attack

Stanford's 3-2



Diag. 2

By **HOWARD DALLMAR**, Head Coach, Stanford University

IN PLANNING an attack, the basketball coach can only adopt an offense that creates opportunities. Then he must hope that his personnel can capitalize on those opportunities.

Stanford has employed a 3-2 Post-Screen Offense because it offers the following advantages: (1) less inside congestion, (2) better conditions for outside drive, (3) continuity, (4) proper rebounding alignment, and (5) player ingenuity and freedom.

In this offense, we try to set up 2-on-2 plays or 1-on-1 situations. Incidentally, I sincerely feel that 1-against-1 is basketball's best play, especially if "your one" is better than "his one."

Our two posts are designated as P-1 and P-2—P-1 being the inside post and P-2 the side post. The inside post (P-1) has the option of setting up alongside either side of the lane, while the side post (P-2) can assume a position near either sideline.

We don't want both posts to set up alongside the lane or outside

near the sidelines. With both posts inside, the middle becomes crowded and makes for congestion on drives from the outside players. When the posts set up near the sidelines, the threat of pivot shooting is removed and the defensive men can sag away from the ball and pick up open men.

However, from this setup (posts near the sidelines) you can develop a "flash" type of post; i.e., either side post can break into the pivot area and position himself alongside the lane.

We call the three outside players "screeners." They work on sets, jump shooting, offensive fakes, drives, passing, and "clearing." By "clearing" we refer to the man without the ball faking a screen and cutting toward the basket, always ready for a return pass. More time is probably spent on footwork fundamentals than any other phase—footwork and body fakes with the ball and without the ball.

With time and space limited, we will just briefly discuss the screen principles. In **Diag. 1**, 4 chooses to work or screen for 3. He may pass

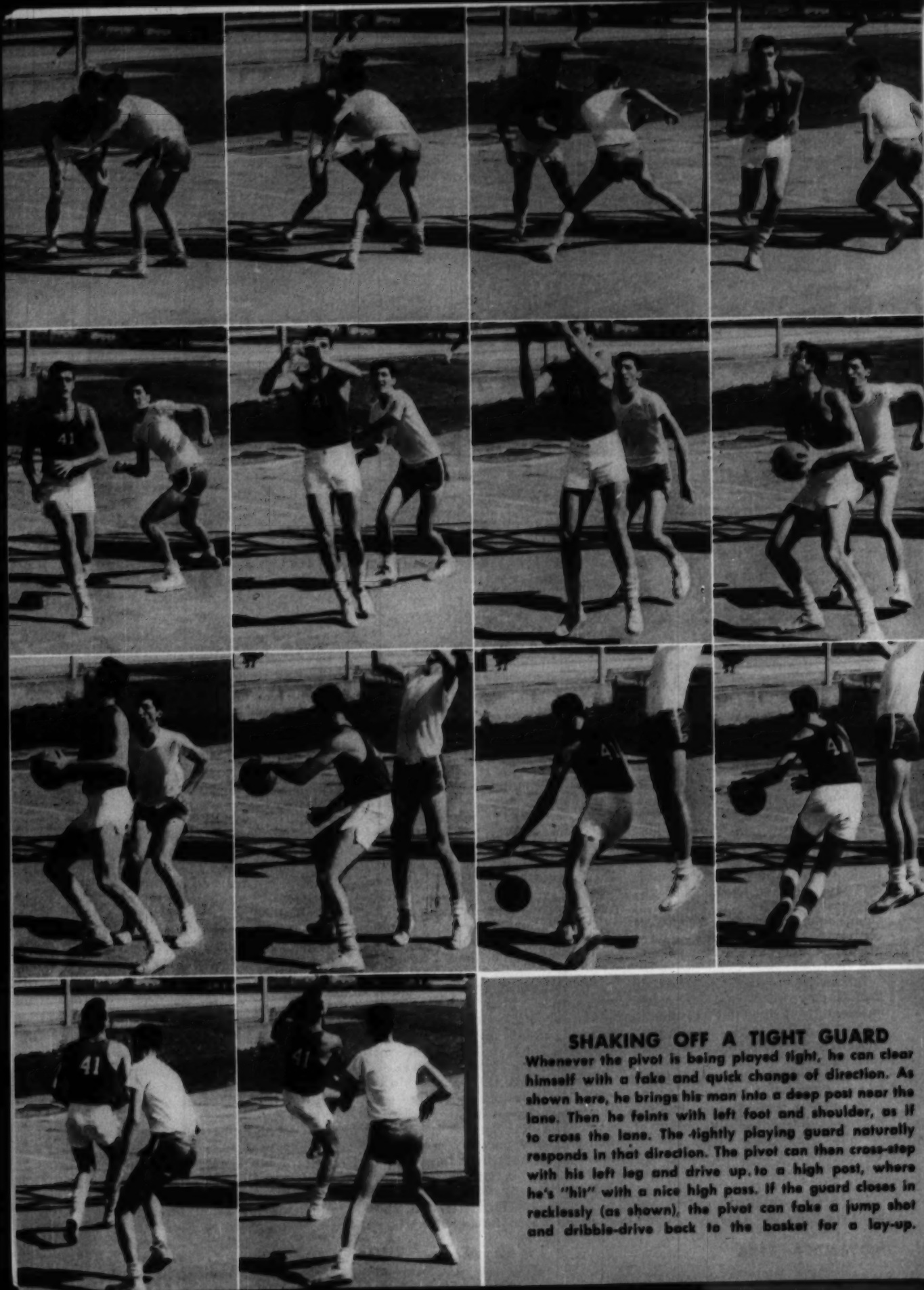
(as shown) and screen, or he can dribble to 3 and flip the short back pass. No. 3 drives (as shown) with the aid of the screen, or he may drive opposite the screen—whatever presents the best opportunity. No. 5 should keep his man out of the play until a screen situation is set up for him.

If the screen is properly executed and the defensive players do not switch, the dribbler should have a good scoring opportunity.

If a switch occurs, the ball-handler should look for the screener on the roll—usually hitting him with a short bounce pass. It's important for the rolling man always to face the man with the ball. Many times on the switch a smaller man will wind up guarding a taller player, and a short lob pass will come in handy to feed the big boy.

The defense will often hesitate or react slowly to the screen situation, thereby giving the offensive player the short drive and jump shot.

Care should be exercised by the "screeners" to avoid fouling. The
(Continued on page 42)



SHAKING OFF A TIGHT GUARD

Whenever the pivot is being played tight, he can clear himself with a fake and quick change of direction. As shown here, he brings his man into a deep post near the lane. Then he feints with left foot and shoulder, as if to cross the lane. The tightly playing guard naturally responds in that direction. The pivot can then cross-step with his left leg and drive up to a high post, where he's "hit" with a nice high pass. If the guard closes in recklessly (as shown), the pivot can fake a jump shot and dribble-drive back to the basket for a lay-up.

AS YOU practice, so shall you play. That's a truism every coach should heed. You can't run a haphazard practice program, then expect the boys to give you a sharp, organized game performance. Practice must be organized with specific objectives in mind, the final aim being smooth and complete mastery of your system.

In planning and working toward this goal, the golden rule to follow is: *Practice only what you actually employ in your system.* What's the sense of spending valuable time on, say, a back-court weave when it isn't indigenous to your team pattern?

At De Paul, we use a weaving type of offense; and our practice program is arranged accordingly. De Paul starts every practice session with a one-on-one drill in which the offensive player attempts to score against his opponent.

Players are taught to get low and wide when they fake, thus forcing the defensive man to respond or be lost. Whenever the offensive man starts his dribble, he is taught to roll his inside shoulder down and dribble with the outside hand. He must also put his inside hand down to protect the ball.

After practicing one-on-one, I place a pivot man on the court with no one guarding him. The offensive man can now shoot, fake and dribble, or pass to the pivot man. If he passes to the pivot, he's expected to run his defensive man into him. Occasionally, the defensive man will run behind the pivot, in which case the offensive player is expected to

step back and shoot over the pivot.

From this, I take my players into a two-on-two at the side of the court, with the pivot man still acting as a feeder only. The guard passes the ball to the center, fakes to his right, then goes on the inside of the forward's guard. The forward fakes to his left, thus turning his guard's back to the ball—facilitating the pick-off by the offensive guard. After the forward fakes, he cuts sharply off the screen.

If the defense stays man-to-man, the forward is open. If the defense switches, the offensive guard (screener) is open, since he has the inside position on his man.

Using the same set-up, the guard passes to the forward. He in turn passes to the center. The guard fakes to his right, as the forward comes up to pick off his man. Then the guard cuts down the outside and the forward cuts across the middle. If the defense sticks, the guard is open. If they switch, the forward is open.

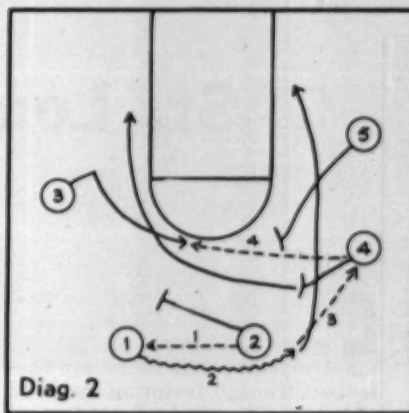
One thing which is stressed in pick-offs at De Paul is that the block must come from behind to be most effective.

After alternating on both sides of the court, I move the two men in front of the pivot man, using both forwards and guards interchangeably in the guard positions. My offense is constructed so that any man may play any of the positions on the court.

With two men in front of the pivot man, the right guard feeds into the line, fakes to his right, goes to the inside of the left guard's de-



Diag. 1



Diag. 2

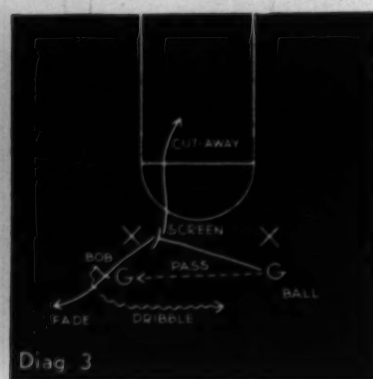
fensive man, then drives for the basket.

Having had the squad practice offensively from both sides and the front on a one- and two-man basis, I now put five offensive men on the court with the center on the side. This is done to give the pivot man practice coming into the free-throw area to meet the ball.

(Continued on page 44)

By RAY MEYER (HEAD COACH)

DePAUL'S WEAVE and PIVOT ATTACK



St. Louis' 2-3 Set Attack

By EDDIE HICKEY (HEAD COACH)

EMPLOYED by more national champions than any other alignment, the 2-3 setup offers the most versatile attack in modern basketball. Though featuring the pivot play, it isn't entirely dependent on it. Practically every pro club and even the great La Salle team with the fabulous Tom Gola frequently resorted to the "flash pivot" in a system generally referred to as a 2-3 attack with the middle open.

The ideas here are entirely basic, projecting only the skeleton operation. From here the ingenuity of the coach combined with the ability of the individual players can provide the team development and continuities of the finished product.

The basic principles of the St. Louis 2-3 set attack stems from the front-court geography outlined in **Diag. 1**. The area marked "Left Corner" corresponds generally to our Left Forward, "Right Corner" to the Right Forward, "Inside" to the Center, and "Outside" to the Guards (left and right).

We have six specific play series:

- 1 Series—Outside plays with Corner (guard with forward).
- 2 Series—Outside plays with Inside (guard with center).
- 3 Series—Corner plays with Inside (forward with center).
- 4 Series—Corner plays with Corner (forward with forward).
- 5 Series—Outside plays with Inside high (guard with center).
- 6 Series—Outside plays with Outside (guard with guard).

The various possibilities are shown

in **Diag. 2**. As you can quickly see, the play series initiate both from the right and left. They develop from positions on the court rather than from a specific player, and a great amount of *interchanging* occurs as the offense develops. That's why specific designations such as forward, center and guard are neither completely accurate nor significant.

The 2-3 setup gives us both a front line consisting of baseline players (center and forwards) and a back line composed of the guards.

The back line men are known as feeders and must be well-versed in cross-court screens. Their basic maneuver is known as the "screen and fade" (**Diag. 3**). The first requirement of our set attack, the "screen and fade" works both left and right and is used for three purposes:

1. To control the defensive coverage and prevent it from sinking.
2. To control and camouflage the

exact point of attack—swinging, as it were, the point of attack from sideline to sideline to give us the best angle for the immediate offensive movement to follow.

3. To provide an outside screen for the opposite teammate in the back line.

In this screen, the screener does one of three things:

1. Holds the screen.
2. Fades out of the screen to a back line position.
3. Cuts away, especially against a switch.

The player dribbling may vary the length of his dribble and thereby alternate the position of the ball for the immediate attack.

The player fading may vary the length of his fade and thereby alternate the position of the ball (when passed to him) for the immediate attack.

The back-line feeders must coordinate their play and become great buddies in order to work together in varying the point of attack. They must be able to hit over the top to keep the defense honest, must free lance a great deal, and must keep an eye upcourt to feed any front line man getting open.

Against great pressure (defensive pressing) downcourt, the feeders should avoid screening and fading to some extent in order to keep the defense from two-timing the ball.

The accompanying diagrams offer several possibilities of the play series from the skeleton 2-3 setup.

ONE of basketball's greatest teachers and tacticians, Eddie Hickey works endlessly on the perfection of detail. The results are reflected in those magnificently poised and organized Billiken clubs. Previous Hickey contributions include: "St. Louis' Defensive Control Pattern" (Nov. 1949), "St. Louis' Pre-Game Warm-Up Drill" (Oct. 1953), and "St. Louis' Controlled Three-Lane Fast Break" (Dec. 1955).



Guard Outside



Guard Through



Guard Screen

ONE SERIES



Any time G crosses over C, weakside corner must vacate board and come out for defensive safety

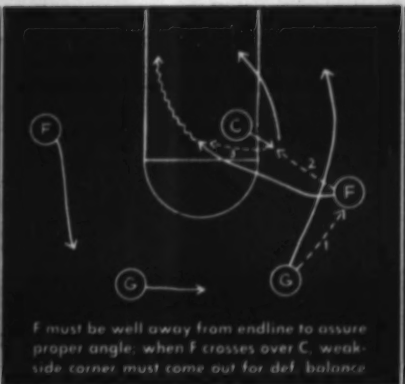


G may make same move with dribble, no pass to C

TWO SERIES



Split also started by G when in corner



F must be well away from endline to assure proper angle: when F crosses over C, weakside corner must come out for def. balance

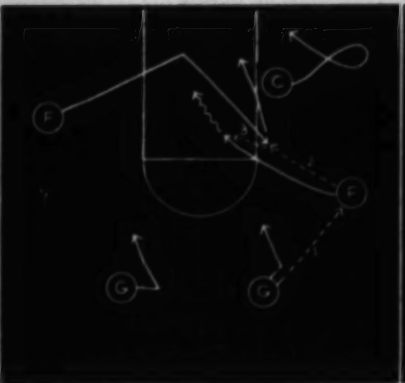


Corner man passes over top against opponent playing the center aggressively

THREE SERIES

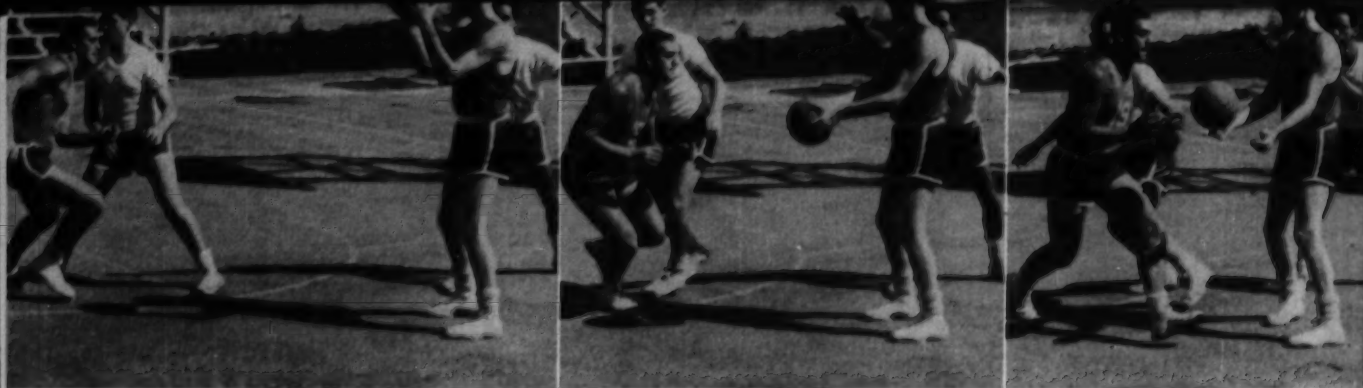


Corner split, with F moving into pivot



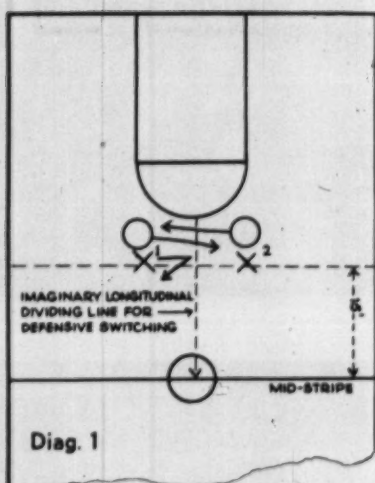
Second cutter over the forward

FOUR SERIES



SWITCH ON A DRIVE: After passing to his teammate, the offensive player on the left drives closely around him for a return flip and drive. The play works nicely—but is thwarted by an alert defensive switch. The man guard-

ing the post has correctly dropped off the receiver and diagnosed the play. As the cutter drives by, the defensive post switches onto him neatly, while the other guard drops in behind the post. Note the fine footwork and



SAN FRANCISCO'S

By **PHIL WOOLPERT** (HEAD COACH)

THE three-quarter court press employed so successfully by San Francisco in recent years is not new. Many coaches have used the same defense or variations of it over the years. Dr. Phog Allen was probably one of the originators of this and other pressure defenses, and in recent years Pete Newell of California and Ralph Miller of Wichita, among others, have exploited the three-quarter press with substantial effect.

At San Francisco, we use this

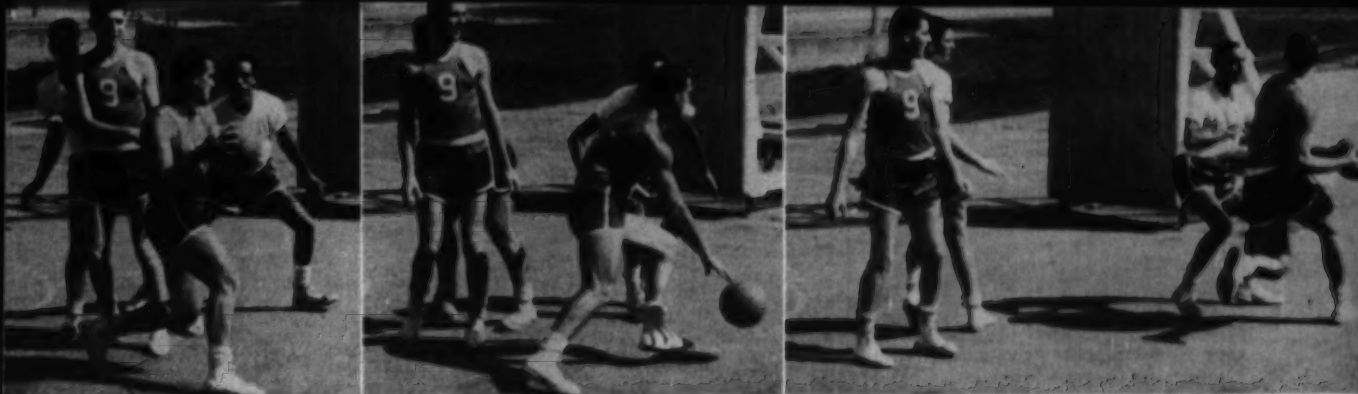
defense more consistently whenever blessed with two or more quick, agile, alert, and heady guards. The past two years, K. C. Jones and Hal Perry along with sophomore Gene Brown filled the bill excellently. Each of these boys was able to recover from a mistake as quickly as anybody I've ever seen.

A fourth guard, Warren Baxter, was used to spell any of the above and he did a wonderful job. This depth is important, as the pressing defense is a tiring one and requires



SWITCH ON A SHOT: One of the best ways of setting up a good shooter is off a post. The shooter will whip in the ball, fake a drive, then scoot behind the pivot for a return flip and quick shot. If the shooter's guard is picked

off, it's up to the defensive post to switch. Note how beautifully the guards team up in this sequence. As the post starts setting up the block with a pivot into a spread stance, his guard smartly begins edging around him in



body balance of the guard who switches to the dribbler and how cleverly the other defensive man boxes out the post in the last picture. Should the ball-handler get off a shot, the other offensive man won't stand a chance on

the rebound. In a defensive switch of this sort, the man guarding the stationary post "quarterbacks" the play, yelling "Switch!" He must be careful, however, not to leave his man too soon to safeguard against a roll.

Three-Quarter Court Press

a great deal of stamina.

In general, we initiate our three-quarter press in about the areas indicated in **Diag. 1**. Guards X-1 and X-2 are stationed 10 to 15 feet beyond the center line, and generate the pressure from here.

There are two methods of playing the three-quarter court press. In one method, the defense attempts to force the offense to bring the ball down the middle of the court, where a two-time situation can be effected just before the mid-line.

In the other method of operation, the defense tries to force the dribbler to the outside of the court.

We use both systems and will alternate them during a game, except when we haven't any choice—since it isn't always possible to force the dribbler to the middle or to the side.

It's difficult to force a good dribbler to take a specific route. The defensive man may want to force him to the outside, and bingo! There he is on the inside or down the middle. The defensive aim is either to play the dribbler from the inside or the outside, and it's important for each defensive man to know which plan is being used.

As in the full-court press, our de-

fensive men automatically switch on any lateral movement of the ball. Each front-line man plays half the court, switching whenever the offensive men shuttle laterally back and forth across the imaginary longitudinal mid-line of the court. **Diag. 1** illustrates this principle.

If the guard forces the dribbler to the middle, an attempt will be made to two-time him, either before he dribbles past the mid-line or after he crosses it. **Diag. 2** shows how the dribbler may be two-timed before crossing the mid-stripe.

As X-1 forces O-1 to the middle, X-2 moves in for the two-time



anticipation of the coming set-up. Sure enough, the oncoming guard is picked off. But the defense is equal to the occasion. As the shooter gets set, the defensive post quickly moves in on him and the other guard falls in

behind the post. The final defensive move is a beauty. As the front guard covers the shooter, the rear guard sloughs off the post into position to cover the rebound. If the shooter drives, the rear guard can pick him up.

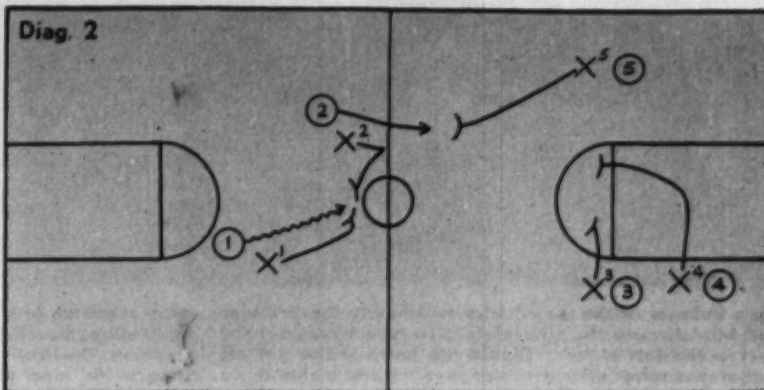
pinch. The responsibility for covering O-2 now devolves onto our weak-side forward, X-5, as shown in the diagram. The weak-side forward is the forward away from the ball.

The other defensive forward, X-3, and the center, X-4, will normally play their men tight. However, when X-5 switches to O-2, both X-3 and X-4 start playing zone in the back-court, as indicated.

The purpose of putting the two-time pinch on the dribbler is to make it difficult for the dribbler to see all the openings off the different leads he may have—which may be O-2, O-3, O-4 and possibly O-5. We try to choke him with the two-time pinch before he has time to spot a lead.

The first objective in two-timing the dribbler is to get the ball. If we cannot take the ball away from him, our objective then becomes to force the dribbler to stop. If we can force the dribbler to stop, we'll try to make it impossible for him to complete a pass to his lead or make it so difficult to get the pass off that he'll make a bad pass.

The defensive men are instructed to go for any ball they think they have a 60-40 chance of intercepting. The initial lead by the offense in this situation is O-2. Since the dribbler will look for his lead first, we'll di-



rect our first effort toward trying to prevent the ball from being passed to him.

If we can prevent the pass from going in to this first lead, by the time the dribbler finds any other lead the pressure on him will be so intense that he may make a bad pass.

One of the main disadvantages of this defensive system is that the players employing it have a tendency to foul. The defensive players get over-eager, they grab, they hold, they hook, and the "guy" with the whistle "blows you down" or causes you to lose the effectiveness of the press.

If the two-time pinch forces the dribbler into a rear turn, the defensive team is in good shape.

Let's assume now that the guard has forced the dribbler to the outside instead of down the middle. **Diag. 3** illustrates the adjustment of the press.

As soon as X-1 forces the dribbler to stop, X-2, who has been conveying O-2 down court, moves in to two-time the dribbler just past the midline—that is, if he's in position to do this. In some instances, especially on a wide court, X-2 will be too far removed to come over and help X-1 two-time O-1. In this contingency, we want X-2 to stay with his man.

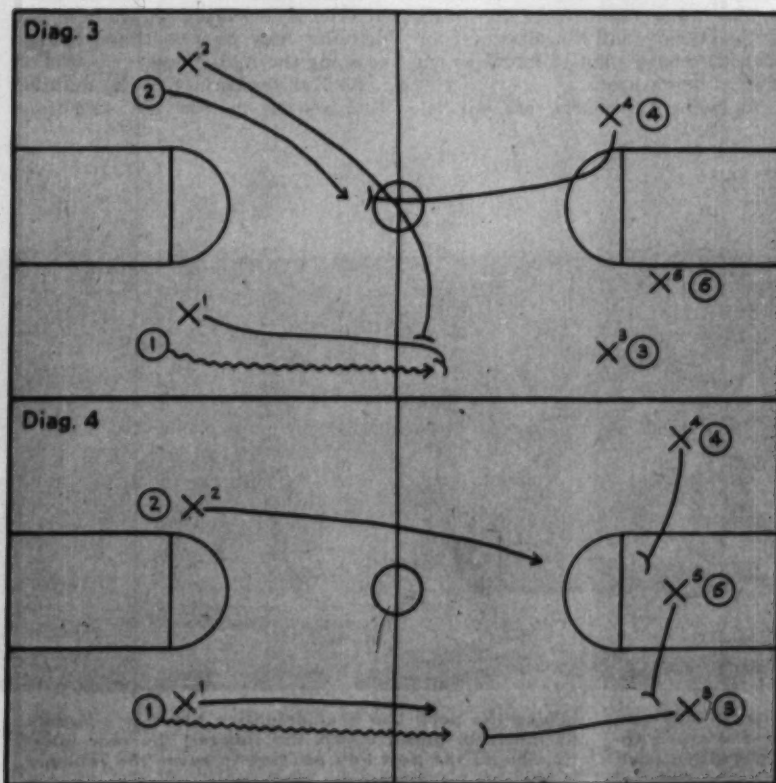
Where X-2 does move in for the two-time pinch (as shown in the diagram), the weak-side forward, X-4, moves up to choke the initial lead, O-2. It's now X-4's responsibility to prevent a pass from reaching O-2.

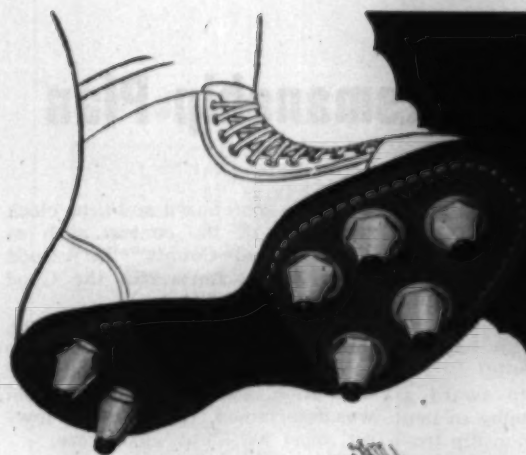
Of course we must recognize the fact that whenever a guard tries to drive his man to the side by playing tight and somewhat ahead of him, he'll be vulnerable to a quick cut back to the middle. However, if the guard remains alert and plays a half-step ahead of the dribbler, in position to prevent him from cutting back to the middle, his chances of stopping the dribbler are excellent.

Our strong-side forward, X-3, must be alert to choke off the dribbler if X-2 is unable to do it. This method of stopping the dribbler is illustrated in **Diag. 4**.

When X-3 releases to help X-1 two-time O-1, our center (X-5) must be extremely alert to prevent a pass to O-3. X-5 must also start zoning and be ready to intercept any long pass.

As in all good defenses, the three-quarter court press requires a great amount of teamwork, practice, coordination, and talking among the players. As soon as penetration is (Concluded on page 47)

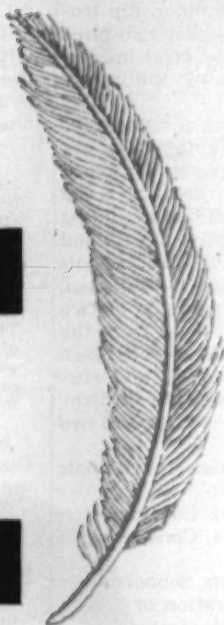




Feather Tip **FIRST**

NYLON STEEL TIPPED CLEAT...

on **ORIGINAL EQUIPMENT**



THE FEATHER TIP CLEAT was the first Nylon steel football cleat, and was used as a sample by Equipment and Safety Committees of both the National High School Athletic Association and the National Collegiate Athletic Association for rule change to allow use of steel in or on cleats.

PROOF OF THE ABOVE—Millions have been sold and used the last 2 years, which has brought a demand by users that Shoe Manufacturers place them on their shoes instead of the hard rubber cleats.

THESE SHOE MANUFACTURERS listed below will equip two (2) or more models with Feather Tip cleats as standard equipment for the coming year. Since these are the leading football shoe manufacturers, it is obvious they would choose the finest cleats for their shoes—FEATHER TIP

★ **MacGREGOR** ★ **RAWLINGS** ★ **RIDDELL**

★ **WILSON** ★ **HYDE** ★ **SPOT-BILT**

★ **BROOKS**

Feather Tip Football Cleat

DIVISION OF M & S MANUFACTURING COMPANY
HUDSON, MICHIGAN

IT'S SAFE • IT'S LIGHT • IT'S DURABLE

For
**Springer
FLOORS**



Rice Inst., Houston, Tex.



**When Every Inch
of "Jump" Counts**

Remember the extra resilience of J. W. Wells Diamond Hard Northern Maple is a built-in advantage that can decide any close game played on your home floor. Strip, Block, Herringbone, End-to-End, the wise pick Maple—The wisest pick Wells.



**NORTHERN MAPLE
and OAK
FLOORING**

**J. W. WELLS
LUMBER COMPANY**

Menominee, Michigan
Phone 3633 or 6400

By **RALPH L. BONTRAGER**

Principal, Derby (Kan.) High School

A Good Sportsmanship Plan

IN AN effort to improve the general tone of sportsmanship, the Chisholm Trail League composed of high schools at Augusta, Derby, Mulvane, Planeview, and Valley Center, Kansas, introduced a Good Sportsmanship plan for its basketball competition last winter.

The schools agreed to award a Good Sportsmanship Trophy in lieu of the customary championship trophy to the school which exhibited the finest continuous good sportsmanship record during the entire season.

At a league meeting of school officials, the league secretary was instructed to work out a plan by which the attitude of the schools could be measured. Suggestions and ideas from both the student councils and the principals of the five schools were incorporated into the final plan.

It was agreed that a team of two students and two teachers from the opposing schools would rate each contesting quintet, coach, and student body at the game, thus furnishing four ratings for each game (two for each school).

The items on which the schools were rated included:

Attitude of Players, Consideration for officials' decisions, Consideration for other team.

Attitude of Students, School cheering section, Consideration of others.

Attitude of Crowd, Consideration for officials' decisions, Booing, Consideration for other team.

Attitude of Coaches.

Courtesy of Host School.

The point system was set up on a basis of 1 (excellent), 2 (good), 3 (fair), and 4 (unsatisfactory). The two teachers entered their ratings on one sheet, and the two student judges entered theirs on another. After each game, the school officials collected the sheets from their rating teams and sent them to the league secretary.

The trophy was sent on a quick circuit of all the schools, and shown to the crowds by the student council or cheerleaders at the opening game. The student council president of each host school made a speech on good sportsmanship, stressing the twelve points on the rating sheet as well as the rating system.

Each school also placarded be-

neath the scoreboard and time clock reminders of the contest such as "Your Attitude Counts," "Be A Good Sport," and "Let's Win the Good Sportsmanship Trophy."

After the season was completed, the rating sheets were sent to some sporting goods store officials for tabulation, and the winning school was determined on the basis of lowest, most excellent total score.

The contest was a rather close one, with Valley Center H. S. emerging the winner. A statement from the principal, Mr. L. E. Enterline, included the following:

"The consensus of opinion of our student council is that the contest helped a great deal in promoting sportsmanship. Particularly, it gave the school a talking point to use with the crowd. Without question, it was an ever-present reminder of good sportsmanship to student body, townspeople, players, and coaches. They sort of thought it was a case of the old adage, 'It's not that you won or lost, it's how you played the game (on the court and on the sidelines).'"

Mr. E. W. Griggs, principal of Planeview H. S., made the following comment:

"We believe we had one of our best years in basketball, and I am convinced that much of this was due to the improved attitude of our crowds. This is not to say that there has been a poor attitude in the past, but rather to point out a seemingly increased enjoyment of the game. We believe this has come from the emphasis placed upon sportsmanship through the Sportsmanship Trophy.

"In every game we played both at home and away, there has been an excellent response to the proposition supported by the trophy. I personally believe that this trophy has created a finer attitude between our schools than has ever existed before. I believe that every school has gained much from it."

Mulvane H. S., winner of the league championship, expressed its opinion through Mr. John B. Ireland, principal.

"Mulvane High School has always been proud of its sportsmanship in athletics. Administrators, teachers, and students in previous years have performed a great work in developing a wholesome attitude throughout the school.

"This year we feel that our feeling of sportsmanship has deepened

(Concluded on page 56)

Backed by the Best



The Shoes of Champions

George Mikan,
"The Mr. Basketball"



George Senesky, Head Coach,
Philadelphia Warriors, NBA World Champions 1956



Tom Blackburn, Head Coach,
University of Dayton, 1956 N.I.T. Finalist



Phil Woolpert, Head Coach,
University of San Francisco
NCAA Champions 1955 and 1956



Ralph O. Ward, Coach,
McNeese (L.A.) State College
NAIA Champions 1956



U.S. ROYAL

WITH PATENTED

"POWERLIFT"

BASKETBALL SHOES

Foot injuries are dipping because "PowerLift" is working for the player. Built-in "PowerLift" keeps foot and shoe together, stops slipping, speeds action. Better look into this great new basketball shoe. You'll see what everyone is raving about! Look for the blue "Pro" Keds® label on the shoe.

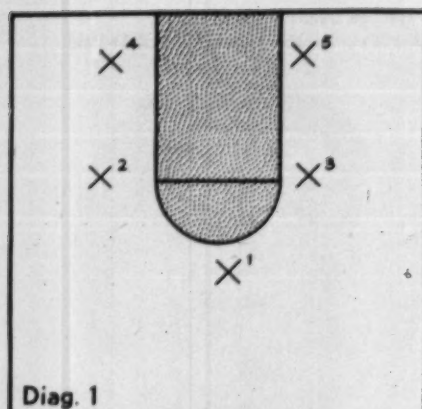


United States Rubber

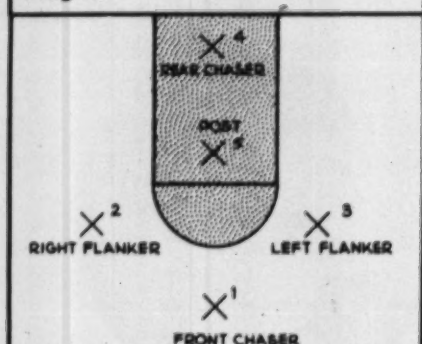
Rockefeller Center, New York 20, N. Y.

A Multiple Defense

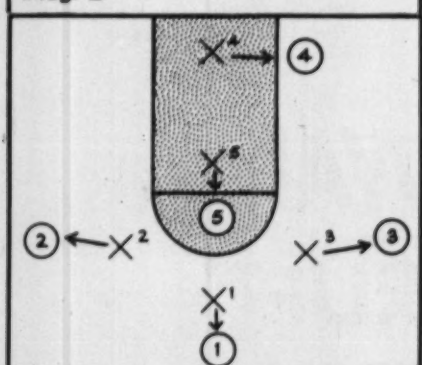
Featuring a



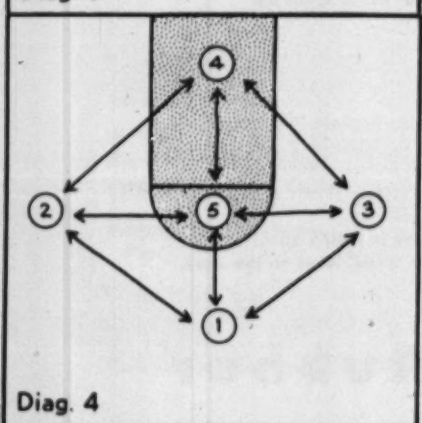
Diag. 1



Diag. 2



Diag. 3



Diag. 4

THERE are many schools of thought on defensive basketball. But they all boil down to this: A team can employ one specific defense, such as a zone or man-to-man, or a team can employ a combination of defenses.

Roosevelt H.S. subscribes to the latter theory, but with a unique twist borrowed from modern football. Just as a football team will alter its defense just prior to the center snap, we keep changing our defensive pattern from one form to another.

Composed of a closely integrated series of zone and man-to-man alignments, our defense keeps changing its shape like a chameleon—to the utter bafflement of the offense!

Many a well-coached team has met defeat by faltering in the face of pressure, or surprise, imposed by the defense. Confusion and panic frequently ensue when a team is compelled to change its game—to play a style of ball for which it isn't geared.

That is the purpose of our swiftly changing multiple defense. We bait the trap by first showing a standard zone defense—or a man-to-man, if the situation calls for it. Noting our zone, the opponents will quickly unlimber their offensive zone attack.

That's precisely what we want them to do. The zone attack is much easier to defense, being less varied and mobile than the man-to-man attack. Once we get them to show it, we can "kill" it with a series of subtle defensive changes—which we'll explain as we go along.

The zone we show, called our "phony zone," is usually the standard 1-2-2 outlined in **Diag. 1**. We use this 1-2-2 for three consecutive changes in ball possession. This gives our opponents enough time to recognize it, particularly the open area by the free-throw line.

Upon the fourth exchange of ball possession, we automatically switch to our "real zone"—the "Diamond

& 1" shown in **Diag. 2**. Since the positions of X-1, X-2, and X-3 remain the same, the opponents are seldom aware of the deviation in our zone—that X-4 and X-5 have shifted to under-basket positions.

The defense is still obviously a zone. We want the offense to know that and to continue using the standard 1-3-1 or overload against it.

We employ the "Diamond & 1" for the next three consecutive exchanges of ball possession. If our opponents should call for time, however, we make certain to get back into the "phony" 1-2-2 zone early enough for them to see it when they break out of their sideline huddle. As soon as the ball is put into play, X-4 and X-5 return to their respective "Diamond & 1" positions.

Our "Diamond & 1" has proved successful because it incorporates the bedrock principle of defensive ball—man-against-man coverage. This is evident by the respective alignments depicted in **Diag. 3**. Note the defensive balance of the "Diamond & 1" zone in relation to the 1-3-1 offensive positioning.

Because the underlying principle of the 1-3-1 attack is rapid movement of the ball in triangular passing lanes, these lanes are stereotyped and become vulnerable as soon as they're recognized and overplayed (**Diag. 4**).

As soon as we're convinced of the triangular movement of the 1-3-1 attack, our floor leader will alert his teammates by shouting "Overload!" Upon hearing this, at least two of his teammates must echo back "Watch the overload!"

This word "overload" is our verbal signal to again shift defenses—going from the zone to a man-to-man. It means, "Overload your man by guarding him closely, man to man."

The shift from the "Diamond & 1" zone to a man-to-man is indicated by the arrows in **Diag. 3**. Note

By JOHN TOOMASIAN
Coach, Roosevelt H. S., Fresno, Calif.

Diamond & 1 Zone

again that the proximity of the 1-3-1 offensive players is such that there's really no radical shift in our defensive movement outside of two or three steps to the nearest opponent. From this point, we overplay the anticipated triangular passing lanes and frequently steal, intercept, or tie up the ball.

Whether we play straight zone or straight man-to-man, there's little danger of upsetting our defensive balance. Meanwhile, we entice the opposition to use the zone attack prescribed, with its limited variety of movement, against our man-to-man defense.

At this point, you may be saying: "That shifting maneuver sounds all right. But can't it be recognized after the second or third repetition?" You may be interested to know that we have successfully concealed it for entire games!

We've done this by, first, always retreating into the "Diamond & 1" before shifting each time the ball changes hands; and secondly, by remaining in the "Diamond & 1" as long as we desired before resuming the shifting process.

We'll frequently resort to the latter when our opponents call "time out" or at the beginning of a new quarter. In this event, we either repeat the process with the "phony zone" as we did at the start of the game or just use the "Diamond & 1" for three exchanges of ball possession before shifting again.

In the few games where our shift has been apprehended, the damage had already gone beyond the stage of repairment or the opponents still couldn't determine whether we were using a man-to-man or a zone. If we had been using a man-to-man, we'd shift back to the "Diamond & 1" long enough to confuse their man-to-man attack; or, if we had been using a zone, we'd shift to a man-to-man.

Our shifting process against the 1-3-1 attack requires good timing.

The shift must be made after the ball reaches the front court and the opposition is preparing to make its first pass. Otherwise if the shift is made too soon, its complete effectiveness may be lost.

Nevertheless, we generally make our shift as soon as the offense makes its first pass, usually to one side or shown in **Diag. 5**. Note that our flanker X-2 will sag back into the key to cut off any possible pass from 3 to 5.

If the ball is passed from 3 to 4, X-1, X-2, and X-5 will play their men in the areas shown in **Diag. 6**. Note that X-1 replaces X-2 at the side of 5 in the key, while X-2 sags under the basket.

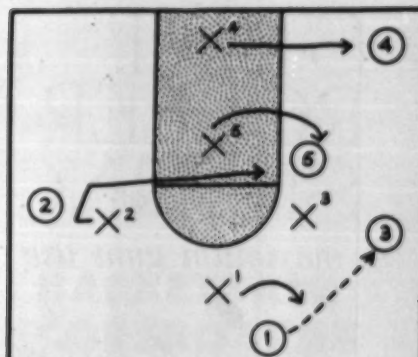
Our aim in overplaying so much is to force the offense to keep the ball on the outside as much as possible. A cross-court pass to 2 is dangerous because it's hard to control. Moreover, the danger of passing over many players makes this pass vulnerable to interception.

In the case of an overload from the 1-3-1, our shift from the "Diamond & 1" to the man-to-man doesn't affect the stability of the movement. In fact, as **Diag. 7** indicates, it gives us another advantage inasmuch as we can really overplay the overloading player when he swings around, since in all probability he'll be receiving a pass when he gets into his overload position.

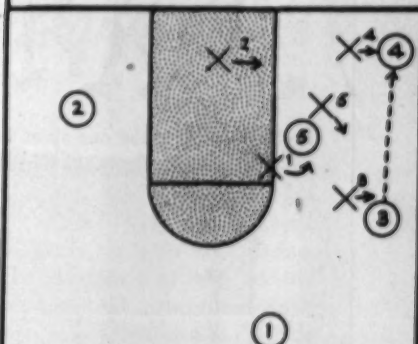
On the other hand, if the offensive center, 5, moves to overload, and 2 moves to replace him in the key, we still don't waver from our man-to-man assignments as shown in **Diag. 8**.

One advantage enjoyed by the overload against our 1-3-1 with the shift is that it can detect our change to man-to-man defense more readily. When they discover their overload player being pursued man-to-man, they'll ask for a time-out to adjust strategy.

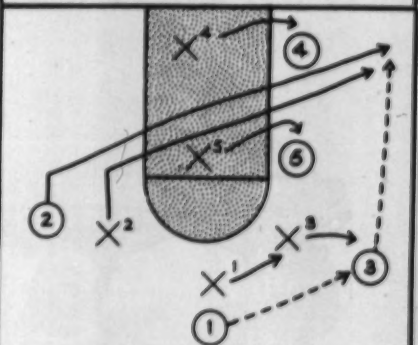
As mentioned earlier, we'll then



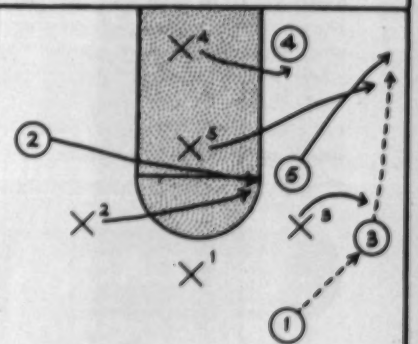
Diag. 5



Diag. 6



Diag. 7



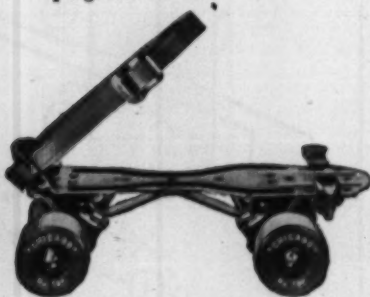
Diag. 8

START ROLLER SKATING

for
maximum gym use



Roller Skating is the one sport in which all your students can participate. It handles large groups of boys and girls quickly and easily, and does not require a change of clothes. The equipment is relatively inexpensive. Little supervision is needed. That's why more and more schools are making roller skating a definite part of their physical education and recreation programs.



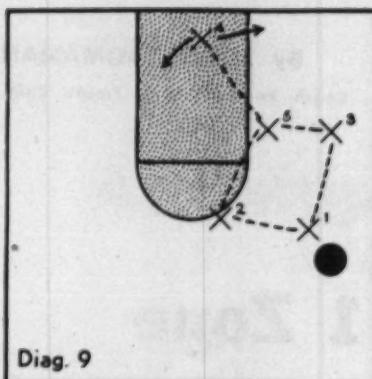
NEW RUBBER-PLASTIC WHEELS ARE KIND TO GYM FLOORS

These new Duryte rubber-plastic wheels outwear others and are guaranteed not to mar or scratch the floors. "Chicago" has a skate designed for any type of floor surface or finish. Write today for free details on roller skating programs and skating equipment.

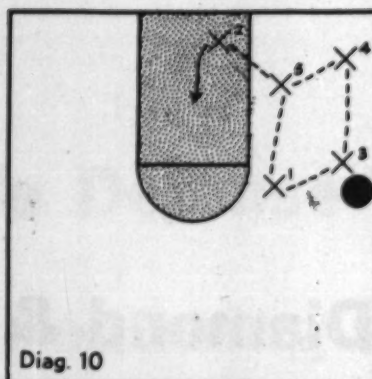
"CHICAGO"

Roller Skates

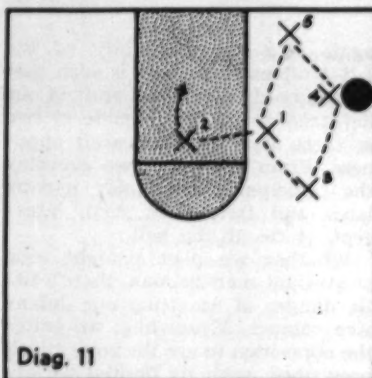
4478-K West Lake, Chicago 24, Ill.



Diag. 9



Diag. 10



Diag. 11

automatically shift back to the "Diamond & 1," anticipating their switch to a man-to-man offense.

Our shift back to the "Diamond & 1" is announced during our time-out huddle with the verbal signal of "Sag-off." Again, we have our own interpretation of "sag-off." To us it means "Sag off your man and get back into your zone position!"

We can also make this change on the floor with the same signal. But whenever the ball is in the offensive front court, we try to avoid shifting back to the "Diamond & 1" (from the man-to-man) because of the proximity of the goal.

Since most man-to-man offenses call for screening and cutting, our quick shift back to the "Diamond & 1" zone impairs the attempt of passers and cutters to penetrate the congested zone around the key. Even the screen is of little or no use against a zone, let alone the "Diamond & 1."

Our radical shifting of defenses during the game and during dead-ball situations demands alertness as well as intelligence. We do not claim it's foolproof. In fact, I offer it to my players as a challenge. If they accept it, half the problem is solved.

The second half of the problem is to learn the shift. Since timing is the basic essential, devote much of our practice time to mastery of the shift.

There are other reservations to the shifting maneuver. First of all, the shift isn't as fruitful against one team as it is against another. Secondly, all the phases of the shift cannot be mastered by any team or any group of players.

In fact, one year, I reluctantly abandoned the shift because it caused too much confusion among my players. Nevertheless, we salvaged the "Diamond & 1" and employed it alone in situations where a zone was called for. **Diags. 9, 10, and 11** show the defensive balance of the players in the "Diamond & 1"

in relation to the position of the ball.

In conclusion, we'd like to remind you once more that we always shift from the "Diamond & 1" to the man-to-man with each exchange of ball possession. We can stop the shift anytime during the game (e.g. during free-throw situations) by merely displaying a clenched fist from the sideline to our floor leader. It's then his responsibility to get his teammates into the zone with the verbal signal of "Sag off."

On the other hand, if we choose to resume the shift anytime during the game, we use a two-hand pushing signal to the floor leader.

Summing up, then, I advocate the multiple defense for these reasons:

1. A zone can be more effective at times than a man-to-man.
2. It captures the boys' interest and motivates them.
3. It enables you to adjust in the event your original defense collapses.
4. It forces the opponents to devote valuable practice time to the more complicated defensive problem.
5. The element of surprise causes confusion and demoralization.
6. It reduces the effectiveness of planned offenses.
7. Watching it demoralize an opponent gives the boys a big lift.

Medart

BASKETBALL SCOREBOARDS

.....the latest in scorers and timers!



SELEKTOR® MODEL MB-900

No other scoreboard made, regardless of price, offers more in split-second accuracy, mechanical dependability and easy operation. **AUTOMATIC** time recording in minutes and seconds with time left to play automatically diminishing in seconds. **COLORFUL**—“Time” panel is green during play, turns red during time out. Timing figures are green, scoring figures amber, quarter lights red. **SEPARATE HORN** automatically signals end of periods (or can be manually operated from control box). **HIGH VISIBILITY** anywhere in gym. Big 10" x 6 1/2" numerals contain 24 lamps, each in reflecting tube. **QUICK RESET** can be made to any desired time. **POSITIVE CONTROL** by self-returning toggle switch type control box. **BIG AND RUGGED**—17 1/2" x 34 1/2". Reinforced steel construction. Black wrinkle finish; other colors available. **EASY SERVICING**. All operating units of plug-in type.

CLOCK TYPE MODEL MB-800

An excellent scorer and timer, 32" wide, 53" high, at a real economy price. **VISION TESTED NUMBERS**—10" x 6 1/2"—made up of 24 amber lamps in bright reflector tubes. **BIG CLOCK** 25" diameter face, white baked enamel on steel. Available for 6, 8, 10 or 20 minute periods. Synchronous motor, dead stop brake. Timer stops automatically at end of period. **AUTOMATIC SIGNALING** at end of period by extra loud portable horn. (Can be operated manually from control box.) **INSTANT CONTROL** from toggle-switch operated control box. **BUILT TO LAST**. Construction, all steel reinforced. Wiring comparable to highest priced scoreboards. Black baked-on wrinkle finish.



Everything big-time equipment should have *plus* extra features that make these scoreboards the game's best and biggest values. Tops in precision, speed and control simplicity. Write for Brochure.



SPECIFY the best, then INSIST on it!

FRED MEDART PRODUCTS, INC. • 3542 DE KALE ST. • ST. LOUIS 18, MO.

Use Your Head!

By **HOWARD G. KNUTTGEN**
Soccer Coach, Ohio State University



THOUGH soccer, or "football," as it is called outside the U. S., constitutes the most popular kicking game in the world, one of its most important fundamentals involves the other extremity of the human anatomy—the head.

Perhaps the best way of pointing out the importance of this skill is to cite the statistics gathered by Wintertbottom on the number of times the ball was sent above head height in two semifinal games of English Football Association Cup play. In one game, the ball was sent above head height 277 times in the first half and 242 times in the second half, making for a grand total of 519 times for 90 minutes of play! The average of 58 times per ten-minute interval in this game compares favorably with the average of 55 times per ten-minute interval computed for the other game.

If the ball is to be found above head height this often, players must be prepared to make the best possible effort in dealing with the situation.

The common uses of heading are (1) to bring the ball to the ground for control, (2) to pass to a teammate, (3) to add the final offensive touch to a pass in scoring area—heading for goal, and (4) to clear from the goal area when on defense.

Though minor differences in technique will be emphasized for the specific objective involved, certain common factors are basic to the overall skill of heading. These common factors are:

1. Positioning. The position which the player takes immediately prior to attempting the head is all-important. His position will not only determine his success in executing the skill, but also whether or not he'll

be able to beat an opponent to the ball. He should usually position himself somewhere behind the ball's line of flight so that he may either step, run, or jump into the oncoming ball.

2. Watching the Ball. The player must follow the ball in flight until contact is made. To do this, he cannot wince with closed eyes or duck his head.

3. Movement. The movement of the body with relation to the ball will be a determining factor in the force with which the ball is met (and thus, the distance obtained) and the accuracy with which the ball is directed. The most important body movement involves the motion of the head with the use of the muscles of the neck. When heading for distance or power, the head should be brought forcibly toward the ball so that the head meets the ball and not vice versa.

4. Surface of Head Employed. Most coaches agree that the frontal portion of the head below the hairline, or forehead, is the best surface for general use. Being relatively flat, it's thus conducive to accuracy. There are times when other portions, such as the temples, can be employed efficiently for different situations.

5. Direction. A headed ball should always be directed purposefully. The player must have a definite objective in mind whenever he employs this skill.

6. Balance. On all but "jump-heads," the player should have as stable a base as possible under the circumstances.

When executing a stationary head, the feet should be spread comfortably so that body movement can be better controlled.

When running, the player should make contact with the ball with one foot on the ground directing the movement of the body in a similar fashion to the stationary head.

When jumping to head, the player should have full control of his body, or "air balance," so he can give as much accurate force to the ball as is needed. This will usually involve "cocking the body" so that it may be uncoiled when making contact with the ball.

7. Use of Hands and Arms. The proper use of the hands and arms plays an important part in the total body balance and in the movement toward the ball. When the player wishes to move his body forward, he should hold the hands and arms outward and to the front so that they can be drawn backward prior to contact.

The execution of an action similar to that of the breaststroke in swimming will aid the player in bringing his body and head into the ball. If the player wishes to move his body with the flight of the ball, he should hold his arms outward and to the side. A reverse action will then be employed in executing the head.

The various techniques employed in heading will be determined by the position and movement of the player, the direction from which the ball is coming, and direction in which the player intends to propel

Norman, Oklahoma, High School and
City Auditorium. Caudill, Rowlett,
Scott & Associates, Bryan, Texas,
and Perkins & Will, Chicago,
Associated Architects-Engineers.
Photos by Hedrich-Blessing Studio.



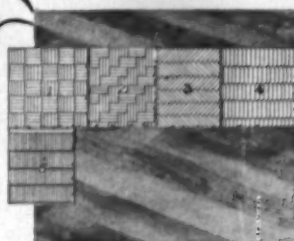
floored for
**maximum
usefulness!**



NORTHERN HARD MAPLE

The "foot-friendly" floors of the gymnasium and the band room in this emphatically modern high school provide maximum utility, versatility and service-life expectancy. *That*, you'll agree, is a good deal to obtain in one "package." Floors of Northern Hard Maple, guaranteed as to species, grade, dimension and mill-work by rigid MFMA standards, have delivered such value for generations. No other flooring or floor covering can approach this magnificent wood in its natural resistance to scars, dents and abrasion. Its bright, tight, tough, resilient character needs only simplest maintenance. Modern finishing methods give lasting luster to its beautiful grain. Floor your multi-purpose areas with MFMA-certified flooring. It has earned your confidence. SEE SWEET'S 13j-MA. Write for List of MFMA-approved Finishing Products.

Available in blocks and modern patterned designs as well as the more conventional strip form. Readily laid in mastic, over concrete or softwood sub-flooring.



MAPLE FLOORING MANUFACTURERS ASSOCIATION

Suite 566, Pure Oil Building, 35 East Wacker Drive, Chicago 1, Illinois



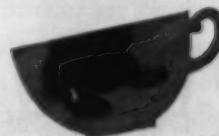
for BASKETBALL



for DANCING



for
CLASS ACTIVITY



for GATHERINGS

A word to the wise...



FAIR-PLAY

FIGURGRAM SCOREBOARDS ARE

ECONOMICAL

A size to fit your budget. Your maintenance dept. can install. No expensive servicing.

DEPENDABLE

Built for accuracy; simple, trouble-free operation. 2-yr. guarantee on workmanship and materials.

POPULAR

Fair-Play's the choice of more than half the schools.



FF-18—Answers every requirement for fast, accurate scoring. Clock flashes every second; completely automatic.

FAIR-PLAY

MANUFACTURING CO.
73 Thayer St., Des Moines, Iowa

the ball with his heading technique.

With these considerations in mind, further discussion of this skill will be divided among the general categories of passing or shooting from a forward direction, passing or shooting from a sideward direction, jump-heading, and head-trapping.

FORWARD DIRECTION

When a player intends to head a ball coming from a forward direction back to the same general area from which it came, he must first establish a stable base slightly behind the spot where he intends to make contact. His feet should be comfortably spread, his arms extended forward, and his back and neck held erect in preparation for the heading action.

As the ball nears, he should move forward (perhaps taking a step or two) and extend, or arch, his back and neck, all the while keeping his eyes on the ball.

The movement to contact will involve the player flexing his trunk (bringing the top portion forward), throwing his arms sideward and rearward, and flexing his neck so as to bring the head forward into the ball. Many coaches describe this neck and head action as a "forceful nod." Contact will be made with the flat, frontal portion of the head.

To propel such a ball in a sideward direction, the player will make the same preliminary preparations, except that he'll position himself slightly to the opposite side toward which he intends to head. He can then change the direction of the ball by turning his body and head toward the desired objective as he comes forward for contact.

Another method of heading to the side can be accomplished by turning the trunk and head away from the desired direction when "cocking" the body. The heading action then involves turning into the ball as the weight comes forward and making contact with the temple on the same side of the head as the intended objective.

In order to send the ball on in the same direction it is traveling (in other words, to the rear of the player), he should reverse the procedure. The player will lean forward and extend his arms to the side. As the ball approaches, he'll come back with it and throw his arms forward.

Contact can be made with either the forehead, which will tend to lift the ball, or with the back part of the head. The latter technique is quite difficult, especially since the player loses sight of the ball, and should not be unduly emphasized.

SIDEWARD DIRECTION

Whenever expedient, the player should change his stance so as to face the oncoming ball when attempting to send a ball approaching from the side back in this same direction. If this isn't possible, he should spread his feet sideward and cock his body away from the ball. He should then move toward the ball by pushing off the foot farthest from the ball and either thrusting forward to make contact with the forehead or turning into the ball and making contact with the temple.

In order to turn the ball toward a frontward direction, the player must drop the foot on the side of the ball rearward to be better able to move his body forward. Again, he can make contact with either the forehead or the temple as previously described. If the player desires to send the ball rearward, he should move the opposite foot forward and cock his body in a forward direction.

JUMP-HEAD

The process of jumping to head a ball involves a great amount of timing and coordination. By the proper execution of this technique, a player can often steal a ball from a better positioned opponent and even partially eliminate a possible height disadvantage. In general, the principles of execution are the same as for other techniques, with the great exception that the player is no longer operating from a stable base.

When on the run, the player will be able to attain greater height by employing a one-foot take-off similar to that of the lay-up shot in basketball. By proper control of the height and distance involved in his jump, he'll be able to coordinate the factors of the height and force necessary for contact in the particular type of head being employed.

If the player is already situated in the position where he'll execute the head, he'll probably be forced to make a two-foot take-off directly upward. In any event, the player must so time his take-off as to be able to head the ball at the height of his jump.

After making the jump, similar procedures will be followed as for the various types of heading used when there's contact with the ground. Greater emphasis must be placed, however, on the coordination of movements to make for a forceful contact.

HEAD-TRAP

The use of the head in trapping the ball involves one important
(Continued on page 52)



**FOR SPLINTER-PROOF
FLOORING OF
UNEQUALLED
BEAUTY AND UTILITY,
SPECIFY *Kreolite!***

No need to worry any longer about costly flooring materials for those school areas where floors take a beating. The answer—Kreolite Flexible Strip End Grain Wood Block Flooring!

Kreolite Flooring is more economical to install than other types of gymnasium, vocational shop and laboratory flooring—and it is unequalled for beauty and utility . . . beauty and utility that come from Kreolite's selection of natural finish woods and famous end grain construction.

What's more, Kreolite Flooring is resilient, splinter-proof and cheaper—easier to maintain, too!

So, if you're looking for school flooring that's low in cost—yet beautiful and durable, make sure it's Kreolite! See for yourself the advantages of this fine flooring material. Mail the coupon below today!

*Ascension Elementary School Gymnasium, Oak Park, Ill.
Architect, McCarthy & Smith*



**The
Jennison-Wright
Corp.**

**2463 Broadway
Toledo 9, Ohio**

**KREOLITE FLEXIBLE STRIP END GRAIN
WOOD BLOCK FLOORS**

Please send me a free sample and complete specifications of Kreolite Flexible Strip End Grain Wood Block Flooring.

Name

Address

City State



BEAUTY

RESILIENCE

DURABILITY

ECONOMY



Principles of Interval Training

By A. S. LEWIS

Track Coach, Canterbury University College
and Canterbury Centre of New Zealand A.A.A.

THE two very fine articles on Interval Training by Coach Ken Doherty which appeared in the February and March 1956 numbers of *Scholastic Coach*, gave a fairly clear picture of the type of training now being used by most runners in New Zealand. Some still cling in part to the methods of the past, especially in winter preparation. But almost all at some stage of their preparation utilize interval training.

It can by no means be thought, however, that interval training is fully understood. The application of the method and the adjustment of the variables to produce the best results are such highly individual affairs that many athletes are confused.

At the risk of adding to the confusion, I'd like to offer my own interpretation of interval training. This differs from the explanations given by Doherty and Stampfl in essential details.

Before elaborating on these details, it's necessary to outline my theory of training for running. I believe that all forms of running—from sprinting to marathon racing—are fundamentally the same. True, the different speeds call for varying outputs of energy, but basically both the neuromuscular patterns of propulsion and the physiological responses of the body are similar in all forms of running. The main difference is in degree.

If this can be accepted, it's reasonable to suppose that there's a basic principle of training which can be applied to any distance. To discover this principle, we must ask: What is a runner's objective in training? The answer is, of course, to enable him to run faster. This, I think, is the key.

Just as in practicing the piano or

hitting a golf ball, there must be practice of what we want to do. In this case, it is to run faster. The emphasis is also rightly placed on speed. No matter what his distance, the runner should practice at speeds he'd like to race at but which are faster than he's capable of running at the moment.

Before explaining this paradox, let me say that if he can do this it will be easier to repeat the performance in competition. An accumulation of hundreds of miles of running and countless thousands of repetitions of the leg and body actions desired make it easy to reproduce the same actions when required.

The nervous and muscular systems become tuned to the right rhythm and tempo of movement in a similar manner to the way in which we speak of a golf swing becoming "grooved." If there's enough running at the correct speed, the kinesthetic sense also establishes a feeling for speed which is often referred to as "pace judgment."

There's naturally only one way in which a runner can practice at speeds faster than he's capable of running, and that is to run for only part of his selected distance. There's only one way to accumulate a great deal of practice and that is to repeat the work decided upon. The result is interval running.

I mentioned earlier that running faster is the key. One or two examples will show that there's a strong emphasis on speed. A miler capable of running a 4.20 isn't so likely to improve by running repetition 440s in 65 seconds (which is his present speed) as he would if he practiced at a faster pace, say 63 second circuits.

Apart from establishing faster

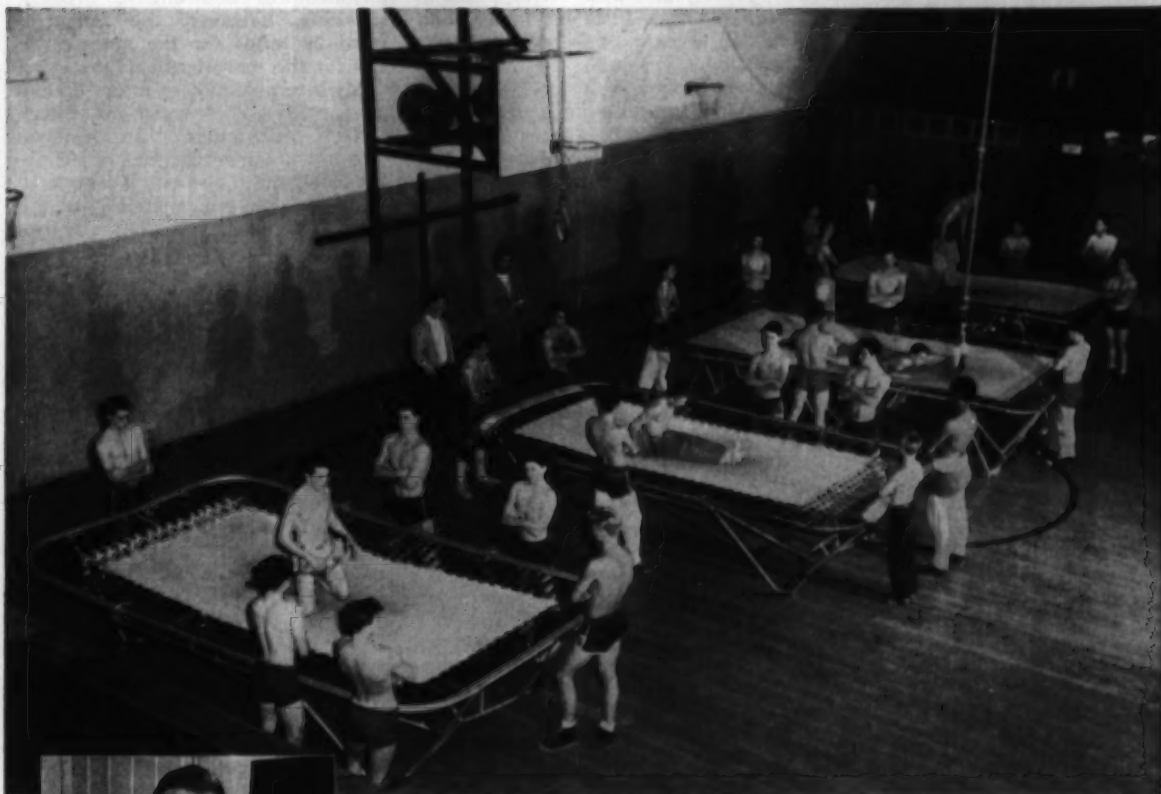
neuromuscular habits and accustoming his body to the required physiological responses, he has the advantage of building the right, mental approach. He's psychologically fitter because he isn't satisfied with his present speed, but has set a reasonable target of improvement for himself.

When this is reached and he's capable of running a 4.12 mile, a new target is set. His striving for greater speed continues and he never loses sight of his objective.

The sprinter is nearly always placed in a different category from the distance runner and special training methods are adopted. He has the additional skill of sprint starting to practice, but his objective is the same—to run faster; and his basic training method is the same—repeated short distances of super speed.

It may be more difficult for a dash-man to train at a faster speed than he can run, but it isn't impossible. He can run at maximum speed down a gentle slope, or make his runs always with the breeze behind him. The slight assistance





SEQUOIA UNION HIGH SCHOOL, REDWOOD CITY, CALIFORNIA

...Nothing like a **NISSEN TRAMPOLINE**

— CLYDE DEVINE



COACH CLYDE DEVINE
Football, gymnastic and swimming coach for 20 years at Sequoia Union High School . . . former Billy Rose performer and presently owner of three swimming and trampoline schools.

"Sequoia High School students have been bouncing on Nissen Trampolines since 1941," says Clyde Devine. "Fifteen years of trampolining have taught us that there is nothing like a Nissen Trampoline for the ultimate in performance and durability. All of our diving champions at Sequoia have learned their fundamentals on the Nissen, including Don Harper, member of the 1956 U.S. Olympic diving team, who last year won the NCAA Trampoline Championship and also captured the trampoline event at the 1955 Pan American Games.

Frank Griffin, our director of Physical Education for Boys, considers this activity a "must" for advanced students."

MANY ADVANTAGES

Nissen Trampolines require no adjustment whatsoever . . . allow a completely clear area under the bed . . . fold in a flash for easy out-of-the-way storage . . . and offer a choice of Trampoline styles to fit any individual school's need. If you'd like to learn about how Nissen Trampolines will fit into your school gymnastic and physical education program, write:

*REG. U. S. PAT. OFF.

12345

NISSEN TRAMPOLINE CO.

215 A Avenue, N. W., Cedar Rapids, Iowa, U. S. A.

Please send new 16-page catalog, illustrating and describing Nissen Trampolines, and name of nearest dealer.

3



NISSEN
TRAMPOLINE COMPANY
CEDAR RAPIDS, IOWA, U. S. A.

NISSEN TRAMPOLINE CO., LTD.
LONDON, ENGLAND

If it isn't a NISSEN, it isn't a TRAMPOLINE

NAME OF SCHOOL _____

CITY _____

ZONE _____

STATE _____

BY _____

TITLE _____

YOU GET THE BEST FROM BROOKS
FROM BROOKS - YOU GET THE BEST
YOU GET THE BEST FROM BROOKS

Basketball, Football and Track Shoes by **BROOKS!**

The **BEST**
leathers,
including
KANGAROO
LEATHER...



the toughest and lightest leather for athletic shoes! The best design and workmanship, plus exclusive features that mean better fit, safety and performance!



#5B1: Fine kangaroo top basketball shoe



#614: Special kangaroo model for football



#3S: 3-striper track shoe, shockproof heel

See your dealer or write for catalog
and school price list now!

BROOKS
SHOE MANUFACTURING CO.

"Makers of the Finest
in Athletic Footwear"
3210 Cherry St., Phila. 4, Pa.

FROM BROOKS - YOU GET THE BEST
YOU GET THE BEST FROM BROOKS

of gravity and wind enables him to run just that little bit faster than he can manage by himself. He thus accustoms his limbs to moving at a faster speed.

Apart from this, his application of effort should be mostly over only a very short distance. A sprinter can probably hold real top speed for only a few yards. He should try to reach this speed and, for a few yards, apply super effort to extend it before coasting down and walking back to repeat the effort.

The accumulated distances at super speed is the measure of his practice at running faster. The sprinter, like the distance runner, also aims high and has his objective of greater speed always clearly before him.

The application of the principle of training presupposes either previous conditioning or a continuation of training at the end of the track season. The modern way is to train all year. The reason for this lies in the length of time it takes the body to become accustomed to a particular load of work. Both the physiological processes of conditioning and organic development are slow to improve. A runner, as a result, may take three or four months to drop four seconds in his training times.

Conditioning for running should have a pattern that leads easily and quickly into interval training. The out-of-condition athlete should start with slow jogging. He should gradually introduce changes of pace until his training is along Fartlek lines and his weekly mileage is about 30 miles a week.

He's then ready to run intervals, perhaps only one day a week and perhaps no more than 3-5 runs at first. The number of runs is raised by regular additions up to 10-12 and more days of interval running are introduced. Both increases may take place at the same time. They can take place fairly quickly if the athlete is conditioned sufficiently not to suffer from soreness or exhaustion.

There will be marked individual differences. Once the athlete has established the number of repetitions he finds suitable for a training session, and the number of days on which he can train, these can be fixed. The main variable will then be speed, if his objective is still to run faster.

The total distance a runner covers each week in his training will be relative to the distance he's training for. There will, of course, be considerable individual differences governed by such variables as age, experience, temperament, and

physiological requirements. Broadly speaking, however, the range is from 20 miles for the sprinter to 120 for the marathon runner.

My interpretation of interval running, with better speed the objective, is on quality of performance and not on quantity. If I might illustrate from the words of a popular song, "It's not what you do, but the way that you do it." Too much distance inevitably means too little speed.

I have already mentioned the drop in training times. It's necessary first to fix a starting speed. The method of doing this is another point on which I would differ from other advocates of interval training. Many athletes and coaches set out by estimating an ultimate speed, or end-of-season speed, and start training to attain that.

Instead, I think it's easier and more fruitful for an athlete to estimate his present speed and make his objective an improvement on that. It can be assessed more accurately and with a minimum of wishful thinking. Furthermore, the athlete must work on his present condition and speed, not on guessed at potential.

PROGRAM FOR MILER

To illustrate, a 4.20 miler should not train for a 4.0 minute mile. He will be handling loads of work and speeds too much for him. At the beginning of his training season, he could estimate that he's capable of running, say, a 4.32 race at 68 second pace.

With a view to improving, he would start his interval training at 66 or 67 second pace. In about 2-4 weeks, depending on rate of improvement, his repetitions would feel easy. He may actually find he's running faster without any apparent additional effort. The runner could then assume he can manage a 4.28 mile, and could safely reduce his repetition times, seeking further improvement. These increases in speed cannot be hurried too much, but, on the other hand, the athlete should be continually aiming at improvement. Training for running with speed as the goal is, therefore, very similar to weight training with strength as the goal. As soon as the body can accommodate a particular load of work, the principle of progressive overload is applied and a more difficult objective aimed at. Present condition and rate of improvement is the guide, rather than a future goal which may have little reference to the individual.

(Continued on page 55)

Now POWERIZED ROLL-A-WAY* BLEACHERS



Universal's new mobile *Poweroller** enables
one man to do all opening and
closing of 10, 15, 20
or more rows



**No physical effort for custodian;
*Poweroller** handles all operations
at touch of switch**

No longer need the operation of folding gymnasium bleachers be a problem involving slow, inaccurate efforts of two, three or four men per section. Now, with *Universal's* new *Poweroller*, all Roll-A-Way Bleachers can be operated by one man who opens or closes any section (10, 15, 20 or more rows) in a few seconds... all sections of the gymnasium in just a few minutes... accurately and safely.

Poweroller is a compact mobile electric power unit with 100-foot detachable cord which may be plugged into any 100-V AC 60-cycle outlet. To operate, just direct the extended gripper arm into the small opening under the front row seat. This engages an attachment bar under the bleacher section. A slight touch of the handle switch starts action... and you have complete control of the bleacher movement. Pneumatic tires protect the gym floor, yet give *Poweroller* enough traction for positive, easy opening or closing of the bleachers. The operator does nothing but guide the unit from section to section and direct its action. Bleachers may also be opened or closed by hand if ever desired.

Here is gymnasium seating at its best. *Poweroller* not only speeds up operation, but does a more careful job. The gripper arm can make contact at only one spot; the exact center of a section... and the attachment bar assures an even push or pull over the entire area. *Safe, accurate operation is guaranteed!* Powerization is available for all new Roll-A-Way installations immediately... and the extra cost is so small that it never needs to be a determining factor. If you are planning a gymnasium, investigate today.

★ T. M. Reg. • T. M. Reg.—Pat. Pend.

UNIVERSAL BLEACHER COMPANY
Champaign, Illinois • *Representatives in principal cities*

By GARLAND F. PINHOLSTER

Coach, Oglethorpe University (Georgia)

A Fall Training Program for High School Basketball

EVERY basketball coach strives unceasingly to get extra effort, concentration, and desire from his team. These "extras" are the marks of distinction displayed by champions—they are the marks of hard work.

Symbolic of such extra effort is the off-season training program. Teams which undergo a spring, fall or summer training session will certainly come closer to that promised land of basketball . . . the championship.

Football teams have an additional season during the spring. The baseball season extends from February to October. Track men have an opportunity to run cross-country during the fall. So why not an additional training season for basketball?

Often the regular season is so cramped with game competition that the time left for work on fundamentals is extremely limited. Some conference rules would restrict fall practice, but the spring or summer seasons would serve just as well.

Off-season practice provides a strong indication to your players that this is to be a year of intense and concentrated endeavor. They understand that you mean to come as close as possible to the attainment of their basketball potential.

As a result, they will develop a positive attitude. They'll become more receptive to instruction. Early season mistakes will be cut to a minimum, and physical disabilities such as weak ankles and sore feet will be eliminated. Team morale will be high because the players will have ample opportunity to "prove" themselves to the coach before that first game.

Best results from pre-season training are obtained where specific objectives are set up. It's then possible to map out a schedule which will bring about greater improve-

ment than haphazard "scramble" sessions. Though every coach has his own ideas with regard to the practice sessions, there are some which all would agree upon. Here are several of the more universal ideas concerning the purpose of off-season practice:

1. Improvement of jumping ability.

With proper exercise, each boy can increase his vertical height on a standing jump by three inches or more. Since rebounding is so important, this aim alone should be enough to convince the conscientious athlete that these additional practice hours are a good investment.

2. Development of circulo-respiratory endurance or stamina.

Whether you fast break or slow break, the value of having plenty of "wind" can never be underestimated. Many victories have been earned simply through superior condition.

3. Increase of muscular strength.

The day of the tall, slim, weak player is passing rapidly. A boy may be thin, but he needs great tensile strength in all his muscle tissue. Without such strength, his defensive and rebounding effectiveness will be lessened.

4. Improvement of agility and coordination.

These qualities epitomize basketball. They are basketball. Without them, a boy will never become a great player. Fortunately, these abilities can be developed. Certainly they can be improved.

5. Development or improvement of split-vision.

A youngster can have all sorts of eye defects and still become a good athlete if he can see laterally. Some great performers seemingly have eyes in the backs of their heads. They may appear to pass blindly, without looking in the direction of their receivers. They have devel-

oped peripheral vision to a high degree of functional efficiency.

6. Acquire a thorough knowledge and understanding of the rules.

As a coach or player, you will have other reasons for working overtime. But these few objectives, pursued religiously, will reap great dividends.

Physical fitness tests should be given at the beginning and end of the program to determine its success. The Sargent jump is a most reliable method of measuring jumping ability. Other tests which may prove useful are the timed squat thrust for coordination, squat jump for agility and timed distance run for testing circulo-respiratory endurance.

A written test offers the best way to measure knowledge of the rules, while most driver training schools have a device for checking peripheral vision.

Here's a six-weeks fall conditioning program for basketball. It can be amended to cover situations where time, over-all athletic program, and player weaknesses might warrant.

FIRST WEEK

Monday: Give each athlete a rule book and make an assignment. Administer and record all tests.

Tuesday, Wednesday, Thursday:

1. Calisthenics (5 repetitions each exercise).

2. Thirty minute volleyball game.

3. Basketball fundamentals (15 minutes).

4. Alternately run and walk for one mile.

Friday: Regular workout, same as three preceding days plus written test covering weekly rules assignment.

The volleyball game should be officiated carefully during this week. Teamwork and increased skill will make this an enjoyable period of recreation. On each succeeding week through the fifth week, a rules assignment will be given on Monday and tested on Friday.

SECOND WEEK

Daily workout:

1. Calisthenics (6 repetitions).

2. Thirty minute volleyball game.

3. Fundamentals (20 minutes).

4. Run one mile.

Notice the difficulty and strenuousness of the workout is being gradually increased.

THIRD WEEK

Daily workout:

1. Calisthenics (7 repetitions).

2. Thirty minute volleyball game.

(Continued on page 57)

IN THE POSTER
ON THE
FOLLOWING PAGES

A Winning Tip

From Coach Bud Wilkinson

- To keep your boys in good health and to derive the most out of their potentialities, you must discourage them from drinking alcohol in any form. That is the golden rule of every training and conditioning program. The menace of alcoholic beverages is dramatically delineated in the handsome poster on the next two pages. Snapped straight from the shoulder by the winningest football coach in America, Bud Wilkinson, it merits conspicuous display on every school bulletin board.

Coach Wilkinson's message will help put your conditioning creed across. A man of impeccable character, an administrator as well as a coach, his fabulously successful Oklahoma teams represent the absolute tops in speed, stamina, and skill. His words should inspire every student-athlete in the land.

The poster may be easily removed for display by merely turning back the staples with a knife or letter opener. For additional copies of the poster, check the "Alcohol Education" listing in the Master Coupon on page 63.

ALCOHOL EDUCATION

Athletes ALL

NEVER

Drink Alcohol



A Message from Bud Wilkinson

Athletic Director and Football Coach, University of Oklahoma

The human body is a fine "machine" that can be thrown completely out of control by one bad cog. And one of the worst of these cogs is alcohol. It really makes

that ability to make quick decisions, that

that ability to make quick decisions, that store of ready energy which means so much both on the athletic field and in daily living.



Alcohol makes peak health and peak performance impossible, and anybody who drinks it is being unfair both to his body and to the people who are depending on him.

Paul Williams

ALCOHOL EDUCATION

1730 Chicago Ave., Evanston, Ill.



Questions and Answers on ALCOHOL

Is Alcohol a Stimulant?

NO. It is a narcotic, and as such it suppresses or lessens the activity of living matter. By lessening the caution it gives a temporary sense of well-being. But over a period of time it acts as a depressant to both mind and body.

Does Alcohol Increase Endurance?

NO. Alcohol saps energy and greatly increases fatigue. The reason for this is that alcohol slows down the removal of lactic acid (the acid formed by sugar in the body every time we exercise) and unless this acid is quickly removed the muscles soon tire.

Is Alcohol Good for Nerves?

NO. Alcohol seriously upsets the nervous system. It disturbs the protective lipoids and dehydrates some of the moisture in the body which is so essential to proper functioning of the nerves.

Does Alcohol Improve Judgment?

NO. One of the most serious effects of alcohol is on the cortex of the large brain, or cerebrum, which directs our thoughts and actions. It interferes with the "messages" which are received from the sensory nerves and also reduces normal "inhibition" or caution.

Does Alcohol Aid Coordination?

NO. It interferes with both voluntary and reflex movements of the body, and completely upsets that "teamwork" between mind and muscle called coordination.

ALCOHOL EDUCATION, 1730 CHICAGO AVENUE, EVANSTON, ILLINOIS

This is the **NEW**
AccuRated X10L
for 1956-57



Unmatched in Uniformity, "Feel", Playability and Acceptance!

The X10L again has been named the official ball for all intercollegiate games in Madison Square Garden (18th consecutive year). AccuRated for weight, balance, roundness and durability.

Your team deserves the best . . .
play the new AccuRated X10L.

Available
now from . . .



THE MACGREGOR CO., CINCINNATI 32, OHIO • Basketball • Football • Baseball • Golf • Tennis

By IRWIN P. DIAMOND
College of Marin (Kentfield, Calif.)

A FLEXIBLE "SWITCH" OFFENSE

ASSIGNMENT: Develop a successful basketball team in one season. "Next to impossible," you say? Yet that's what most junior college coaches are expected to do every year!

It's a herculean task. First, because the set-up militates so strongly against it. Under the two-year junior college set-up, it's impossible to build over a period of years. The problem is further intensified by the fact that many students attend for only one year and that most of the players are relatively inexperienced.

It was with these thoughts in mind that the writer developed a simple offense that could be taught and effectively implemented in one season. Called the interchanging or "Switch" offense because of the initiating movement which finds a guard and forward switching positions, this offense embodies an economy of movement and yet is flexible enough to meet various types of man-to-man defense.

Limiting the number of offensive moves not only affords more time for individual development, but allows the players to concentrate on the immediate situation and to have specific shooting areas. It also provides definite offensive cuts and rebound patterns, and lends itself nicely to game-situation drills—all of which make for easier coaching and learning.

Personnel-wise, the Switch of-

fense is designed to make best use of the smaller, faster, and better players—the guards. Since the guards bring the ball up court and then interchange positions with the forwards, they are always in the play.

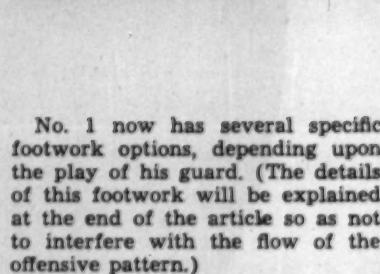
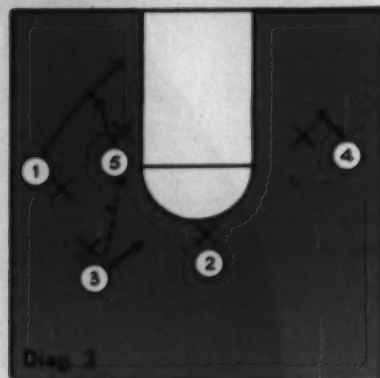
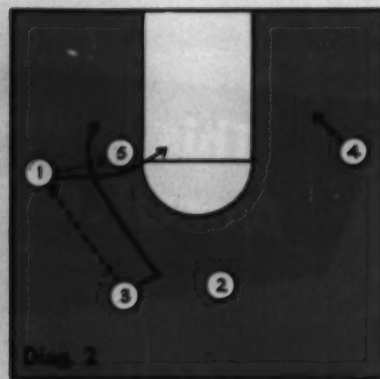
It isn't especially necessary to have a big center. All you need is a center who can handle the ball and make some offensive moves. The taller men play the forward positions and assume the responsibility for the offensive rebounding.

The players are trained for specific offensive moves in definite areas. The right forward and right guard work together, as do the left forward and left guard.

Since the basic move of this offense is a fake-and-drive series, a great deal of practice time is spent on footwork. The basic drill for teaching the individual footwork is as follows:

All movements are explained from a position on the left side of the court facing the hoop (Diag. 1). The basic move that initiates the offense and leads to the footwork drill is an interchange of positions between the guard (1) and the forward (3). This is known as the switch.

As you can see, 1 passes to 3 and takes his place by moving down the inside, while 3 dribbles out to the guard position. No. 3 then turns to the sideline and return-passes to 1.



No. 1 now has several specific footwork options, depending upon the play of his guard. (The details of this footwork will be explained at the end of the article so as not to interfere with the flow of the offensive pattern.)

The next step in putting the offense together is to bring in the post man. The first move is the double-cutter (Diag. 2). No. 3 dribbles out to the guard position and makes a return pass to 1. Usually X-1 will sag toward the post (5) on the interchange. But as 1 receives the ball from 3, X-1 will move out to guard him, leaving the center open for a pass into the post.

Upon hitting the post (a bounce pass seems best), 1 and 3 cut by him with the passer going first. The post man gives the ball to either cutter. In the follow-up pattern, 3 covers left, 5 the center, 4 the right, 1 the foul line, and 2 is the safety.

X-1 will often be playing 1 tightly on the switch, presenting an opportunity for the back-door move shown in Diag. 3. After the interchange, 3, instead of return-passing to tightly covered 1, now hits the post. No. 1 back-doors by cutting quickly for the hoop, and 5 may bounce-pass to him or make an individual move. The follow-up pat-



Free... complete kit to organize a gold medal
HARVARD TABLE TENNIS TOURNAMENT
 IN YOUR SCHOOL, PLANT OR RECREATION PROGRAM

HERE'S WHAT YOU GET . . . The Harvard Tournament Kit crammed with everything to run a full participation, outstanding athletic event . . . in less space and at lower cost than most other sports. You get two colorful Harvard Table Tennis Teachers with instructions and tips from champions; action photos of game-winning techniques; official U.S.T.T.A. rules and sections on leagues and tournaments. Also 3 Tournament Charts, a complete publicity program and tournament tally sheet.

HERE'S WHAT WINNERS GET . . . Valuable Harvard Gold Medals and Award Certificates for winners of your men's and women's singles. They are sent FREE when you complete tally sheet. Mail coupon below.



Harvard **TABLE TENNIS EQUIPMENT OF CHAMPIONS**

HARVARD TABLE TENNIS COMPANY
 60 State St., Boston 9, Mass. SC-N

Gentlemen:
 In order to run a table tennis tournament please send us the FREE Harvard Tournament Kit.

SCHOOL OR ORG. _____
 NAME _____
 POSITION _____
 STREET & NO. _____
 CITY _____ ZONE _____ STATE _____

We plan to start our tournament on _____ (DAY, MONTH, YEAR)

There will be approximately _____ participants.
 (NUMBER)

We do _____, do not _____ offer table tennis all year.
 (CHECK ONE)

Table Tennis is part of our athletic _____, recreation _____ program.
 (CHECK ONE)

There are approximately _____ in our school or organization.
 (NUMBER)

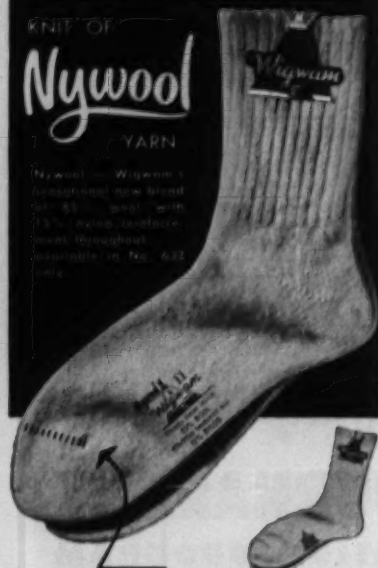
Extra Wear
in Every Pair

Wigwam Socks

for every sport!

KNIT OF
Nywool
YARN

Nywool is Wigwam's
legendary new blend
of 55% wool with
45% rayon. Machine-
made throughout.
Available in No. 6-12
and 13-14.



The Sizes go
by the COLOR
in the Toe

Sock Size	Thread Color
9	Black
10	Green
11	Red
12	Blue
13	Orange

Soft, springy, absorbent Wigwams provide the foot comfort needed for top performance. No binding, bunching or chafing . . . they're STA-SIZED — won't shrink below the knitted size. At leading dealers everywhere.

By Invitation
Member



Rice Leaders
of the World
Association

FOOT HUGGERS
E-L-A-S-T-I-C-I-T-Y-E-D

the new sport sock that stretches
to fit any foot size 10 to 13.

HAND KNIT HOSIERY CO.
Sheboygan, Wisconsin

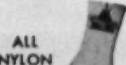


PART WOOL
(Also available
in all cotton)

COLOR TOP



CUSHION FOOT

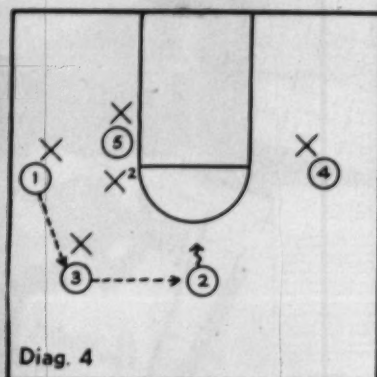


ALL NYLON



tern is the same as in **Diag. 2**.

When X-1 and X-3 are playing tightly, with X-2 sagging in front of the post, the weak-side move shown in **Diag. 4** is highly effective. The ball goes from 1 to 3 on the switch, then to 2. The latter receives the ball on the edge of the key and gets set for a shot. If his man rushes out to guard him, 2 fakes the shot and takes a dribble to the free-throw area for a jump shot.



Diag. 4

The follow-up pattern is 1 covering left, 4 right, 5 center, 2 foul line, and 3 safety.

Diag. 5 delineates a strong move against a smart defense in which X-1 and X-3 are playing tightly, X-5 is overplaying 5, and X-4 is sagging to compensate for the overplaying of 5. The play is then from 1 to 3 to 2 to 4. No. 4 may take a set shot; or, if his man rushes out to guard him, he may fake and drive.

When the ball reaches 4, the post man cuts across the free-throw area, often freeing himself for a pass and close shot. The follow-up pattern is 1 on the left, 5 center, 4 right, 2 foul line, and 3 safety.



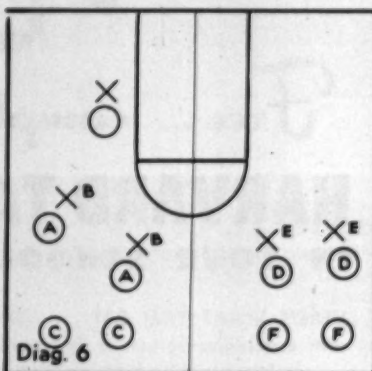
Diag. 5

The Switch offense, as mentioned previously, lends itself well to drills. The basic move, as shown in **Diag. 1**, is used as one-on-one and two-on-two footwork drills. The back-door and double-cutter moves are the

three-on-three drills, as well as excellent warm-ups.

In the back-door and double-cutter drills, the guards and forwards are paired off to work on specific sides of the floor. Several teams of forwards, guards, and centers can thus work both offensively and defensively at one end of the court. A competitive drill, it has the advantage of making men play specific positions and react to defensive situations. Each team is limited to half the width of the floor.

The drill is shown in **Diag. 6**. Each team consists of a guard, forward, and center, with the guard and forward positions being interchangeable. Team A starts by interchanging and then continues the attack by reacting to the defensive situation by either double-cuts, back-door, or individual fakes and drives. Team A continues on offense until a basket is scored, the defense gets the ball, or a foul or violation is committed (by offense).



Diag. 6

After Team A loses the ball, the play goes to the other side of the court with Team X-E and D taking over. The center position remains the same. After Teams X-E and D have a turn, the ball returns to the starting side of the floor with Team A on defense, C on offense, and Team X-B on the ready line. The centers change from offense to defense.

With the play alternating from side to side, the resting teams can get together and plan their strategy. The drill thus encourages active thinking. In no time at all, the coach will perceive rapid progress in terms of individual and team play. By concentrating on a few men at a time, he has a fine opportunity to make corrections and suggestions.

Now let's backwater for a moment. Earlier in the article we mentioned the importance of the footwork required by 1, the receiver, after taking the return pass by 3 in

(Continued on page 58)

THE TOP BUY IN PHYSICAL EDUCATION UNIFORMS

**Complete Phys Ed Uniforms
3 Combinations at
NEW LOW PRICES**

FROM
Champion

CHAMPION'S "Complete Phys Ed Uniforms" are priced lower, and the savings are passed along to you.

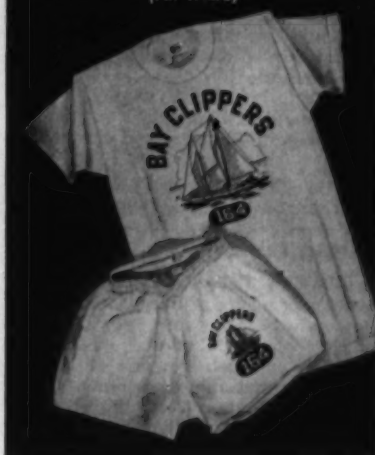
Follow the lead of more and more of the nation's colleges and high schools and equip *your* school with top quality, long wearing, perfect laundering Champion Phys Ed Uniforms.

Here are the three standard T-Shirt and Gym Pant combinations.

FEATURING:

- T-Shirts in white and colors.
- Gym Pants in white and colors with our exclusive triple stitched Boxer style elastic waist that's specially treated to be heat resistant.
- Your school design processed in your own school color on both shirt and pant.
- Permanent color processing that will not fade, run or wash out.
- Consecutive numbers incorporated in the design at no extra charge.

GYM SUIT COMBINATION 1 (All White)

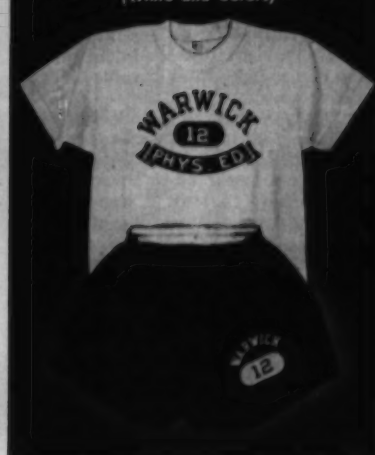


T-Shirt: Style 78QS. Top quality cotton, full cut, ribbed form-fitting neck. **WHITE ONLY.** Sizes: S-M-L.
Gym Pant: Style KEJ. Full cut, 4-piece "Sanforized" cotton twill. Triple stitched Boxer style waist with heat resistant 1 1/4" elastic. **WHITE ONLY.** Sizes: XS-S-M-L.
Complete Price, including shirt and pants processed in your own school color with your own design...

\$1.60 per uniform.

For extra-large size: Add 10%

GYM SUIT COMBINATION 2 (White and Colors)



T-Shirt: Style 78QS. White.
Gym Pant: Style KE/8. In following colors—all stocked for immediate delivery: Dk. Green, Kelly, Navy, Royal, Maroon, Scarlet, Gray, Black, Gold. Full elastic waist. Sizes: XS-S-M-L.
Complete Price, including shirt and pants processed in your own school color with your own design...

\$1.65 per uniform.

For extra-large size: Add 10%

GYM SUIT COMBINATION 3 (All Colors)



T-Shirt: Style 84QS. In following colors—all stocked for immediate delivery: Dk. Green, Orange, Purple, Kelly, Navy, Scarlet, Maroon, Royal, Gray, Black, Gold and Old Gold. Same construction as 78QS.

Sizes: XS-S-M-L.

Gym Pant: Style KE/8.
Complete Price, including shirt and pants processed in your own school color with your own design...

\$1.75 per uniform.

For extra-large size: Add 10%

WRITE FOR 1956 CATALOG

FREE! GYM SUIT SAMPLE

Champion will send you a free sample of the T-Shirt and Gym Pant so you can see how a gym suit for your Physical Education classes will look with your design in your school color

combination. This sample request must come from the Physical Education department or office. Please specify design and color when writing for sample.

PLEASE NOTE—WE HAVE MOVED!

CHAMPION
Knitwear Co., Inc.

OUR NEW
ADDRESS

115 COLLEGE AVE., ROCHESTER 7, N. Y.
P.O. BOX 850, ROCHESTER 3, N. Y.

WINNING HIGH SCHOOL BASEBALL

by JIM SMILGOFF

Baseball Coach at Taft High School, Chicago

This new text explains and illustrates the proper fundamental skills and techniques of high school baseball, and treats college baseball as well. Part I deals intensively with batting, bunting, running, sliding, and offensive strategy. Part II discusses defensive baseball by both individual position and team play. Part III brings the present day coach up to date in methods of organizing and supervising amateur teams, and includes indoor and outdoor drills for young athletes.

Winning High School Baseball

is organized for coaches who may or may not be baseball specialists. Numerous charts, drawings and illustrations simplify the explanations and theory.

For approval copies write

PRENTICE-HALL, Inc.

Englewood Cliffs, New Jersey

NEW!



MAGNETIC

PLAYMASTER[®] COACHING KITS

Simplify coaching! Save time, effort!

PLAYMASTER[®] movable magnetic player pieces sharply reduce chalk-talk diagramming. Planning, teaching and bench instruction made easy—AT ONCE!

AVAILABLE FOR

- Basketball
- Football
- Baseball
- Soccer
- Field Hockey
- Softball
- Ice Hockey
- Lacrosse
- Girls' Basketball

Write for Free Catalog to

The PROGRAM AIDS Co., Inc.
Dept. SC, 550 Fifth Avenue, New York



New Books on the Sport Shelf

- **THE PASSING GAME (Offense and Defense).** By Ray Pelfrey with Steve Owen. Pp. 129. Illustrated. Dubuque, Iowa: Wm. C. Brown Co. \$3.25.

RAY PELFREY, a former crack pro player now coaching high school ball in Alabama, and Steve Owen, the fabled pro coach, have pooled all their savvy into a resplendent text that covers every facet of the modern aerial attack.

Soundly organized and superbly written, the text projects all the proponents of pass offense. You'll find thoroughly professional, detailed analyses of the various pass patterns, qb instructional aids, receiving, screen passes, the draw play, charting the pass offense, exploiting specific weaknesses in the defense, drills, and pass protection.

The defensive side of the passing game is covered in four terse chapters: pass defense, halfback play, original umbrella defense, and the A formation. The last two technical phases come direct from their inventor, Steve Owen.

A highly interesting "Summary" rounds out the text. This enlarges on the latest in pro football—the spread pass offense. Designed by Packer coach Gene Ronzani in 1951, it was adapted by Paul Brown with telling effect last season.

Both the concept of this book and its implementation—writing, diagramming, thoroughness—will delight every coach.

- **UMBRELLA DEFENSES.** By Jack C. Mitchell and Bernard A. Taylor. Pp. 111. Illustrated. Dubuque, Iowa: Wm. C. Brown Co. \$2.50.

WITH more and more coaches gravitating toward the umbrella defense, this big (11" by 8½") soft-covered manual comes at an extremely opportune time. But timeliness isn't its only virtue. This is a corker of a technical text—a real bread-and-butter book.

The happy combination of Mitchell (coach at the U. of Arkansas) and Taylor (coach at Wichita-East H. S.) does an exhaustive job of analyzing the umbrella defense. They not only present the various umbrella alignments (7, 5, 6, etc.) and the way to employ them, but also show the continuity and carryover from defense to defense that makes them adaptable to any squad.

The subject material is covered in this fashion: 77 umbrella, 76 umbrella, 5-4 umbrella, 66 umbrella, variations, defending the spread, defending the single wing, goal line defense, strategy, and drills.

All the explanations are crystal clear and thorough, within the ken of every coach on every level of play. Coaches will eat it up.

- **ATHLETIC INJURIES (4th Edition).** By Dr. Augustus Thorndike. Pp. 252. Illustrated. Philadelphia: Lea & Febiger. \$4.50.

THIS solidly esteemed text, covers all the phases of prevention, diagnosis and treatment of athletic injuries. The author, chief surgeon to the hygiene and athletic department at Harvard, offers clear, concise analyses of the injuries coupled with sound advice on how they can be minimized through adequate medical supervision, proper conditioning, and competent coaching.

The 4th edition contains a number of changes aimed at increasing the practical value of the book. Newer concepts on the physiology of exercise have been added, the chapter on physical therapy completely rewritten, all the tables redesigned and brought up to date, and 35 new illustrations added.

Athletic Injuries is wholeheartedly recommended to physical ed instructors, doctors, trainers, and coaches.

- **1956 CONVERSE BASKETBALL YEAR BOOK.** Edited by Wallace R. Lord. Pp. 53. Illustrated—photos and diagrams. Malden, Mass.: Converse Rubber Co. Free.

A MARVELLOUSLY handsome and absorbing record of the 1955-56 school-boy, college, and pro seasons, the 35th edition of the Converse year book features complete reviews of conference play, national tournaments, All-American teams, state high school champions, scoring leaders, fine technical articles by outstanding coaches, many superb team and action photos, and other exciting features.

Coaches authoring articles include Tom Blackburn, Cliff Wells, and Harry Litwack.

If you haven't received your free copy, write to the Converse Rubber Co. at Malden 48, Mass.

- **LAWN TENNIS (Play the Game).** By Major R. H. Applewhite. Pp. 142. Illustrated. New York: SportShelf. \$1.50.

THE newest addition to the *Play the Game* Series is especially geared to the young tennis player. Written by the well-known coach of the Northern Counties Lawn Tennis Club (England), it covers all the basic strokes and features more than 100 excellent illustrations.

American distributor of the book is SportShelf, 10 Overlook Terrace, New York 33, N. Y.

Leading the Field . . . 1st Again



TRACK and FIELD ATHLETICS

By **GEORGE T. BRESNAHAN**, Assistant Professor of Physical Education; **W. W. TUTTLE**, Professor of Physiology; and **FRANCIS X. CRETZMEYER**, Assistant Professor of Physical Education and Track Coach—University of Iowa, Iowa City, Ia. Fourth Edition. 528 pages, 75 illustrations. PRICE, \$5.50.

This book has lead the field ever since the first edition. And now this revised favorite is again out in front with timely, and advanced techniques on perfecting winning form.

Experienced in field and track lore the three authors incorporate practical topics as scientific conditioning of athletes, responsibilities of conducting a meet, and track and field construction.

Coaches looking for ways to smooth out track difficulties will find an excellent chapter on experimental research.

This how to do it book is used by athletic trainers throughout the country. It has everything you need know to train a winning team.



THE C. V. MOSBY COMPANY
3207 Washington Blvd.
St. Louis 3, Missouri

Date _____

Gentlemen:

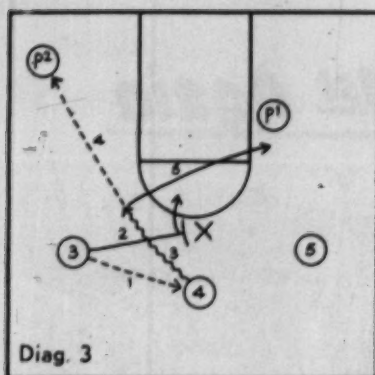
Send the book on 30-day approval. Teachers' discount of 10%. (It is understood that in the event the book is adopted as a text at our school that the charge for my copy will be cancelled.)

Bresnahan-Tuttle-Cretzmeier "TRACK AND FIELD ATHLETICS".....\$5.50

Name _____ Position _____

School _____

City _____ Zone _____ State _____



Diag. 3



Diag. 4



Diag. 5

Stanford's 3-2 Post-Screen

(Continued from page 7)

rule states that "if an offensive player takes a position so near an opponent that pushing or charging occurs when normal movements are made by him, it is an offensive foul."

The outside players should constantly be aware of balance and getting their post-men in the play. There are no designated patterns, but they should always be conscious of the 2-on-2 situation and continuity in movement.

Diag. 2 illustrates how the side-post can receive the ball. No. 3 passes to the side-post (P-2), and the latter has the option of a shot, a baseline inside drive, a pass to the inside post for a shot, or a pass and cut. If P-1's defensive man is playing too far in front, P-1 can move farther out (toward P-2) and screen P-2's man.

Diag. 3 indicates 3 screening for 4, with 4 passing to the side-post and clearing. P-2 again has his options.

Diag. 4 shows the "open area," which can be on either side, depending on the two posts. Because there's little chance here of two-timing or defensive sagging, it's an important area for the players to make use of. Anytime the outside offensive player feels that he can beat his man on a 1-vs.-1, he has the privilege of taking him into that location.

The most important use of this area, however, is by the inside post. Upon moving into this area, P-1 can easily receive or pass and have plenty of operating room to work on his man. The inside post may also pull out high for pass-and-cut or block plays.

Where set plays are desired, it's not difficult to install them on a cer-

tain "key." **Diag. 5** shows a double cutter. No. 3 dribbles to the "open area" and passes to P-1. He then steps toward the basket and changes direction, cutting by P-1. No. 4 is the second cutter. P-1 has the pass option to either man or, after they cut, he may go for his shot.

Diag. 6 shows the guard-around series, 3 passing to P-1 and cutting to opposite side (or blocking 4's man). No. 4 cuts around P-1 for a hand-off for a drive or jump shot.

Continuity for this series might be for P-1 to pass back to 5 and a pass to P-2 pulling high. No. 5 then cuts around, and they have their guard-around options.

In this type of offense, the coach should designate one post man as boss. The boss should be the player with the superior basketball sense. If the boss plays the side post, the other man automatically takes the inside position, or vice versa.

The positions may be changed to exploit opponents' weaknesses. For example, one of the defensive men may have difficulty guarding a post who drives for the baseline, or he



Diag. 6

may have trouble handling his man inside.

If a particular player is having a hot night on the pivot, you want to keep him on the inside. Or you may find that one post man maintains better rebounding position inside, or that he can "bust in" real well from outside against his man.

The side post can, at any time, move across to the opposite side. In fact, under pressure, the "back-door" is an ideal offensive threat.

The post men must work on fakes and pivot shots with back to the basket, as well as on offensive rebounding, footwork, and body positioning. They should also concentrate on situations from the side, such as set-shots, base-line and inside drives, passing to inside post, outside offensive rebounding, and offensive fakes facing the basket.

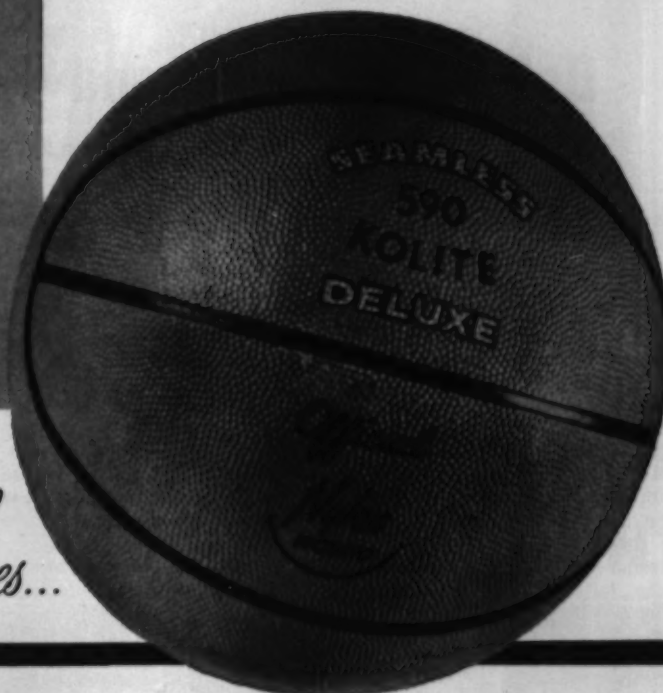
The ideal material would be two strong posts and three quick boys outside. Many variations, however, can be adopted and experimented with. For example, if one of the post men is the 6'3" or 6'4" boy who can do things outside, while one of your outside screeners can do well inside, you might switch these offensive positions—taking the inactive post's guard outside in the screen and driving situations, and perhaps weakening the defense by bringing in a small defensive man to the pivot position.

From a teaching or coaching phase, this particular offense alleviates some of the practice problems. At one end (of the court), the post men work together and concentrate on their offensive threats; while at the other end the outside men or screeners, work on their moves.

When players have only their particular phase to worry about, without being concerned about the entire offense, they seem to grasp the fundamentals quicker. They also have a tendency to assist each other and question moves that bother them.



*For your top
league games...*



THE NEW 590 DELUXE

with KOLITE Cover and NYLON WINDING
by **SEAMLESS**



- ★ New Plateau Pebbling and Wider Channeling for surer grip and better passing, dribbling and shooting.
- ★ Waterproof, Scuff-Proof KOLITE Cover torture-tested in the equivalent of 22 years of play without fracture or rupture.
- ★ Nylon Winding prevents tearing and insures years of extra life.
- ★ Butyl Bladder virtually eliminates need for reinflation.
- ★ Patented KANTLEEK Valve is self-sealing, absolutely leak-proof.
- ★ Inspected for Perfection—only balls meeting the highest standards qualify to wear the "590 Deluxe" label.
- ★ Approved by N.C.A.A. and N.F.S.H.S.A.A.
- ★ List—\$21.25

590 BASKETBALL with KOLITE cover, Nylon winding, butyl bladder and KANTLEEK valve. Approved for use by professional, N.C.A.A. and N.F.S.H.S.A.A.
LIST—\$15.65

ATHLETIC GOODS DIVISION

THE SEAMLESS RUBBER COMPANY

NEW HAVEN 3, CONN., U. S. A.



DePaul's Weave and Pivot Attack

(Continued from page 9)

It's obvious, from the drills, that whoever feeds the ball to the pivot man or forwards is the one who starts the plays and tells the others where they're going. With five men on the floor, the same holds true. I generally shuttle the guards before putting the ball into play.

In **Diag. 1**, for example, Guard 1 passes to Guard 2, then screens for him as 2 dribbles across behind him. Forward 3 comes up and meets a pass from 2, then 3 passes to Center 5 coming into the middle.

After the pass, 3 steps forward and screens 2's man. No. 2 cuts down the outside, and 3 breaks across the middle as a second cutter. Forward 4 breaks off 3 as a third cutter. The first man open gets the ball.

Another variation of the five-man practice offense is shown in **Diag. 2**. Guard 2 passes to Guard 1, and screens so 1 may dribble behind him and pass to Forward 4. No. 1 delays until 4 passes to Forward 3, while Center 5 moves up to put the second screen on 1's man, as 1 cuts down the outside. After making the pick-off, 5 cuts across the middle.

The Center, 5, doesn't have to play in the same corner every time. Instead he goes into the corner on the side he comes down the floor on. Plays are the same from both sides.

On this set-up, I don't always have the center break into the middle for the ball, either. Sometimes we use it as in **Diag. 3**, where Guard 1 passes to Forward 3 and Forward 4 breaks into the middle to take a pass from 3. The same offensive moves follow, with 3 screening for 1, who breaks down the side as 3 cuts over the middle and Center 5 comes across.

In this type of play, it should be noted that if either 3, 4, or 5 has a short man guarding him, he can work himself into the pivot position, thus getting a short guard in the middle. I also tell the players that the way to free themselves for a pass is to get in close to their man, fake, and break out.

I usually run through this offense for half an hour, each night to develop ball-handling and habit. After progressing this far, I'm ready to work on the offense we use in games. I put five men on the court

and from a stationary start we begin the patterns which were learned at the beginning of practice.

Then we go into the procedure shown in **Diag. 4**, in which Guard 2 passes to Center 5, then screens for Forward 4, who cuts across the middle. No. 2 then rolls for the basket and Forward 3 cuts past 4.

Using the same setup in **Diag. 5**, Guard 2 makes the initial pass to Center 5, then picks off for Guard 1, who breaks up the middle as 2 rolls off 1's defensive man and also cuts through the middle. Forward 3 cuts past 2 across the center, while Forward 4 drops back on defense.

After giving each individual the ball and explaining some of the possibilities he has while controlling the ball, I begin my weaving type offense. Shown in **Diag. 6**, it starts with Guard 2 passing to Guard 1. No. 2 screens for 1, who dribbles behind him. Then 2 continues to the corner to screen for Forward 3, who comes out.

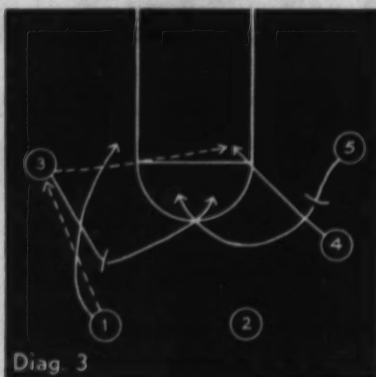
No. 1 passes to Forward 4, and

4 passes to Center 5 on the pivot, then picks off for 1 as 1 cuts down the middle. No. 4 cuts across the middle, and 2, in the corner after screening for 3, becomes the third cutter.

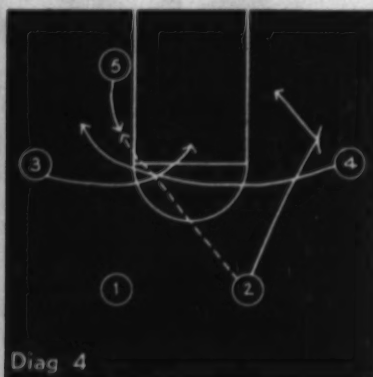
I incorporate into my weaving offense the same principles taught the boys at the beginning of each practice, when they play two-on-two on the sides and in the center of the court. The spots remain the same, but the men move themselves and the ball, letting the offense run according to pattern.

I teach defense right along with offense, starting with one-on-one and two-on-two. In one-on-one, I want the defensive man to respond to fakes by retreating backward and sideward, keeping one hand up and one down. If the defensive man is weak in going one way or the other, we let him point, thus making the offensive man go to his strong side.

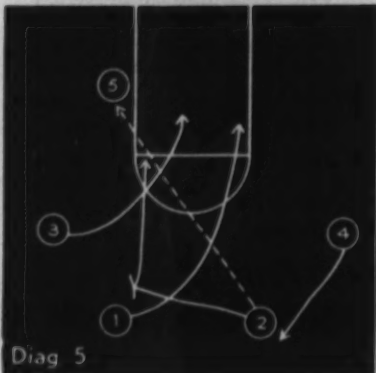
After playing one-on-one, I use two-on-two at the side of the court and start my switching man-to-man



Diag. 3



Diag. 4



Diag. 5



Diag. 6

EMERGENCY!

*Injured After
the Play?*



Not in this Case . . . the Trainer Applied the

New

Stryker

EMERGENCY SPLINT



Upper extremity injuries, 30" size



Lower extremity injuries, 36" size



Forearm and hand injuries, 30" size

. . . Now, for the first time in the History of First Aid — An EMERGENCY SPLINT* that prevents further discomfort and injury to an accident victim.

■ All suspected or real fractures can be *quickly* immobilized by novice or expert alike *without special training*.

■ The Splint can be left on during x-ray. Swelling and bleeding are minimized.

■ Your emergency room should have extra splints available to exchange with ambulance personnel so the splint can be left on the injured person until treatment of the injury can be determined by the doctor.

*Patent pending

Orthopedic Frame Co.
420 Alcott Ave., Kalamazoo, Michigan

☐ Send me _____ No. 6065
_____ No. 60 Stryker Emergency Splints
_____ No. 65

☐ Bill the address below.
☐ Please send me additional information.

Name _____

Address _____

City _____ State _____

PRICES

No. 6065 Stryker Emergency Splint, pair in
protective cover \$59.00
No. 60 Stryker Emergency Splint, 36" (Adult Leg) 33.00
No. 65 Stryker Emergency Splint, 30" (Adult arm,
Child leg and arm) 28.00

Orthopedic

ORTHOPEDIC FRAME CO.

Kalamazoo Michigan

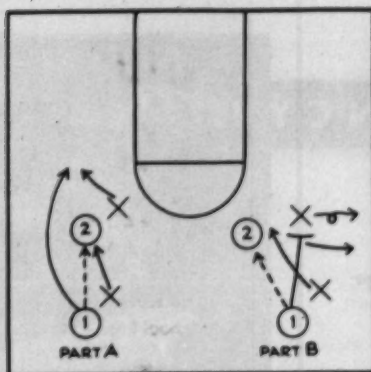
Distributed in Canada by: Fisher & Burpee, Ltd., Winnipeg
Exclusive Agent for Export: Schuster & Co., 73 Cliff St., N. Y.

defense. In the accompanying diagram (Part A), for example, 1 passes to 2, then goes on the outside. X-2 calls "switch" and takes 1, with X-1 taking 2. The back men always call the switch or stick, since they're always in position to see the play.

Suppose, as in Part B, 1 blocks X-2. X-1 carries him in a ways until X-2 calls "switch." X-2 is blocked, so he must turn the opposite way and go for the basket. If he turns the wrong way, he will trail his man into the basket.

After practicing two-on-two on the sides, I place the guards on offense with the forwards on defense. I want the forwards to come together, never letting the opposing guard get on the inside. In this way, they make the offense go on the outside and the defense just glides back and forth.

Before I put the five-man defense on the court, I instruct the boys to



always talk and point out their man. I don't assign men on defense. Rather, I point out weaknesses and strong points on opponents. Thus, every man must know the personnel of the opposition.

When retreating down the floor

to set up our defense, the boys are taught to pick up in this manner: The first two men back on defense pick up the first two offensive men. The center takes his own man, while the last two men pick up the last two offensive men to come down the floor.

I have to use this type of system, because my offense weaves with the players changing positions. This means any forward or guard may be in the back court at the time the opposition gains possession of the ball.

When employing this type of defense, the players may reduce the margin of error by pointing to the man they're picking up and yelling "I got him!" When a small man finds himself playing a big opponent, he should look to switch off at the first opportunity. This isn't hard to do, particularly if the defense is well-drilled.



SEAT YOUR SPECTATORS in complete comfort... and complete safety... with Safway Telescoping Gym Seats!

These stands are designed to fit real people. Chair-high seats allow spectators to sit in a natural, relaxed, untiring posture. Ample leg room eliminates "knee-in-the-back" crowding. And your view is not blocked by average size persons in the row ahead.

Many spectator safeguards are engineered into the improved Safway design. Premature closing is made impossible by a positive safety lock which operates automatically as each row of seats is drawn out. The rigid steel understructure with cross bracing is completely self-supporting. Seats are easy to enter and leave—there is no steep climbing.

When the game is over, your telescoping gym seats quickly nest against the wall to clear the floor for daily gymnasium activities. Vertical skirt boards line up flush to form a handsome cabinet without projections. Floors are unmarred and perfect.

Safway Telescoping Gym Seats permit 'round-the-clock gymnasium use... for daily classes, spectator events and social affairs. Find out how you, too, can use your gym full-time...

Write for Bulletin 1611—ask about our gym seats in your area.

Other Safway Advantages

- **COMPACT**—15 rows telescope into a space only 3 ft. deep. Gym seats form a completely enclosed cabinet when nested.
- **EASILY OPENED**—Ball bearing wheels at floor level and under seat supports insure effortless operation.
- **EASILY CLOSED**—Rigid cross bracing prevents rocking and binding.
- **PROTECTS FLOORS**—Non-marking rubber wheels travel in different paths under each seat support. Gym seats rest on flat floor plates when occupied.
- **VISIBILITY**—Rise-per-row of 9½ in. provides excellent visibility without steep climbing.
- **ADAPTABLE**—Easily installed in existing gymnasiums or designed into new buildings.



San Francisco's Three-Quarter Press

(Continued from page 14)

effected, the back-court men must immediately yell for help.

Unless the defensive men in the front-court—once the ball has gone by them—do not immediately hustle back to the defensive end of the court, the defense is going to be very vulnerable to a quick basket. It's a cardinal sin for a player, once the ball goes by him, to waste any time at all getting back to the defensive end of the court. His first and immediate reaction should be to get back.

If any one of the three offensive players in the defensive area comes up to the middle of the court, his opponent must move up with him and attempt to prevent any pass from coming in to him.

The advantages of the three-quarter press over the full court press is that it reduces the gravity of any error, since the area in which the players operate has been lessened. When the players operate over the entire floor in a press situation, an error is more costly than when they operate over only a portion of it.

The susceptibility of the players to errors is also less. In using the mid-court press, the mid-line serves as an ally. Once the dribbler goes beyond the midline, he no longer can come back or pass back to the back-court. On the other hand, if the dribbler is stopped behind this line, he'll be forced to throw the ball within 10 seconds.

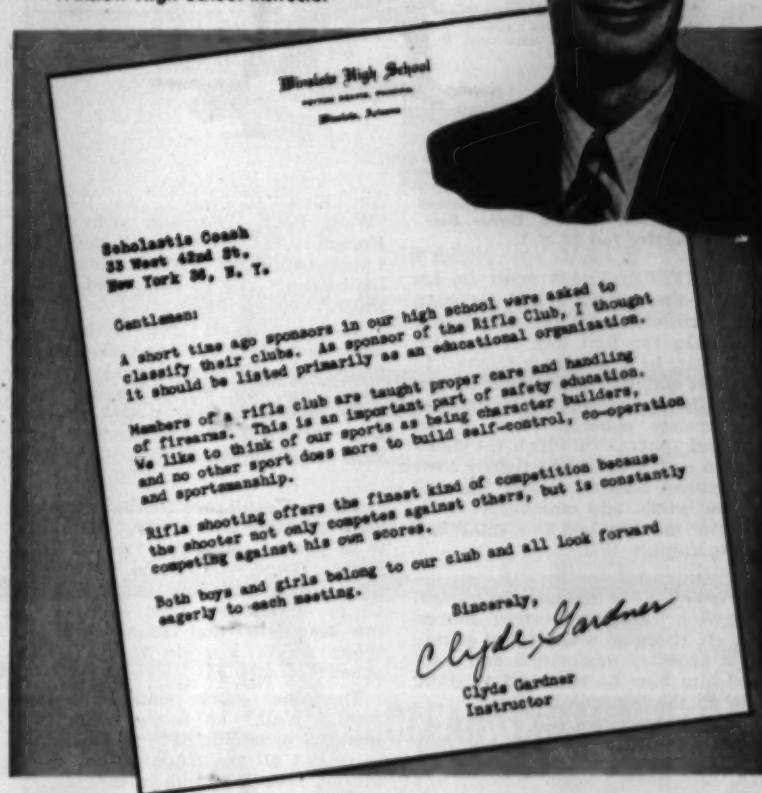
One disadvantage of the three-quarter press, as in every press defense, is that a player is more prone to foul than when in any other type of defense. Another disadvantage is that at the instant the offensive team gets penetration, the press is vulnerable to an easy basket—and if every member of the three-quarter press isn't hustling like the dickens, the offense will probably get penetration.

As in all basketball situations, the success of this defense will be directly proportionate to the ability, desire, and determination of the players employing it.

Phil Woolpert is entering the current season with a fabulous 55-game winning streak (longest in major college play) and two straight NCAA crowns. Part of his success may be attributed to the marvelous way in which his clubs operate the three-quarter court press described in this article.

"Rifle Club is primarily an educational organization"

writes **CLYDE GARDNER**
Winslow High School Instructor



Remington will help you plan the organization of a rifle club and the building of a range. As a starter, we shall be glad to send you, free, an interesting, fully illustrated booklet containing instructions on the operation of a rifle club—including information on equip-

ment, marksmanship, target shooting, the construction of rifle ranges, and many other subjects of practical value. Just fill in the coupon and mail it to Rifle Promotion Section, Remington Arms Company, Inc., Bridgeport 2, Connecticut.



Remington



"If It's Remington—It's Right!"

"Matchmaster" and "Kleanbore" are Reg. U. S. Pat. Off.
by Remington Arms Company, Inc., Bridgeport 2, Conn.

Rifle Promotion Section
Remington Arms Company, Inc., Bridgeport 2, Conn.
Please send me, free, the Instructor's Manual on the operation of a rifle club.

Name _____
Address _____
School _____
City & State _____

COACHES' CORNER



Please send all contributions to this column to Scholastic Coach, Coaches' Corner Dept., 33 West 42 St., New York 36, N. Y.

A SHAKESPEAREAN actor in his spare time, "Old John" Heisman had a predilection for the rich, round phrase. On the first day of practice every year, he'd display a football to his squad and ask, "What is it?", then proceed to answer his own question:

"A prolate spheroid—that is, an elongated sphere—in which the outer leathern casing is drawn tightly over a somewhat smaller rubber tubing." Then he would add ominously:

"Better to have died as a small boy than to fumble this."

Heisman's 1912 Georgia Tech team featured a 155-pound center named Al Loeb. Heisman was fond of calling him a physical misfortune and once asked him how he managed to stand up to all the big men he faced.

"Coach," cracked Loeb, "I'm near-sighted and can't see how big they are."

The selfsame Al Loeb once helped coach the Federal Penitentiary eleven. During one game, played in a down-pour, a prisoner insisted that Loeb borrow his denim jacket. Though his only suit was being drenched, Loeb demurred. He thought it unmanly of a coach—until another prisoner chimed in: "Go ahead and take his jacket, coach. He's got 20 years to dry off in."

The head coach was a grumpy, taciturn old bugger, and the sophomore halfback complained to the assistant coach, "You can't get a nice word out of him. No matter what you do, he just gives you an 'ugh' or an 'agh.'"

"He's not such a bad guy," soothed the assistant coach. "It's just that you have to take a lot for granted."

The Rockne-Zuppke "feud" was one of the wittiest in history. At a banquet after the 1924 season, Zuppke

concluded his speech as follows: "Well, Rock, you and your Four Horsemen had a lot of luck this year. I suppose instead of giving them gold footballs you'll give them gold horseshoes."

Rockne promptly rose to his feet and retorted: "Your suggestion about giving the gold horseshoes is a good one, Zupp. But, after looking over your defeats this season, I suggest that instead of footballs, you give your team golden skids."

The two small-time football coaches were shooting the breeze, "Wouldn't it be great," said one, "if you beat Notre Dame, Oklahoma, Michigan State, Maryland, and Georgia Tech all in one season, then went on to the Rose Bowl and trounced UCLA. What would you do if that happened?"

The other coach pondered a moment. "Well," he finally said, "I'd send my assistant coach to California to collect all the trophies and make the big speech to the press."

"You mean you wouldn't bother going yourself?" asked the other incredulously.

"How could I?" replied the other. "I'd already be dead from the shock!"

After a hectic season, the demon sports publicity man went on a safari

in the Dark Continent. One day he was captured by cannibals and trussed up in a mud hut. Each day the natives would cut his arm and drink his blood.

Finally he called for the king of the tribe. "You can kill me and eat me if you so desire," he said indignantly. "But I'm sick and tired of getting stuck for the drinks."

Rather than see his kiddies go hungry, the unemployed football coach accepted an offer from the local zoo to wear a gorilla skin and entertain the tots on week-ends. The first Sunday he was doing all right swinging on a bar, until a chain snapped and catapulted him into the next cage—occupied by a huge lion. The king of beasts stared at him balefully and the coach started screaming for help.

Then a whisper reached him: "For cripes sake, buddy, shut up. You're not the only coach out of work!"

The day after Don Larsen no-hit no-walked them, the Brooklyn Dodgers straggled onto the field to take their licks in the batting cage. Don Zimmer was among the first on the field and noticed that the bats hadn't yet been brought out.

"Hell," yelled Zimmer. "What do we use to hit?"

"Try the same things you used yesterday!" hollered Joe Becker, the Dodger pitching coach.

Max Baer blew into N. Y. for a TV shot, and was asked to pose for a publicity photo. Because the ex-champ dwarfed the other members in the cast, he was asked to kneel in front of the group. As he went down on one knee, he remarked:

"The last time I was in this position, I was in Madison Square Garden and got \$200,000 for it!"

If you're looking for a barrel of chuckles, don't miss Emmett Watson's article, "Don't Raise Your Boy to Be a Football Coach," in the October issue of Sport. Sherlock Holmes would have loved the guy. He'd never have had to hiss, "Quick, Watson, the needle!" The Watson who authorized

CONTROLLED OPTIMUM PROCESSING

of

16 mm Black and White Reversal Film

• 8 Hour Service Upon Request •

LABCRAFT INTERNATIONAL CORPORATION

4019 PROSPECT AVE.

CLEVELAND 3, OHIO

PHONE: UTAH 1-4334

CORTLAND

Rackets of Champions



Superbly-made rackets . . . designed and used by the game's greatest players. Exclusive Radio-Frequency Bonding insures stronger, livelier, better-balanced frames. On display at your sporting goods dealer's or pro shop . . . choose them for your team. Made in U.S.A.

PAULINE BETZ

AUTOGRAPH Racket
4 times U.S. Women's Singles Champion
Former Wimbledon Champion



BOBBY RIGGS

PERSONAL Racket
3 times National Professional Champion
2 times National Singles Champion
Former Wimbledon Champion



FRANK KOVACS

CHAMPIONSHIP Racket
Former Professional Clay Court Champion
Former Nat'l. Professional Singles Champion
International Professional Champion



On the courts of the land...it's CORTLAND

CORTLAND RACKET DIVISION
Cortland Line Co., Inc., Cortland, N.Y.



**the 1956
U.S. OLYMPIC SWIMMING TEAM**



IS COMPLETELY OUTFITTED BY
OCEAN POOL SUPPLY CO.

From head-to-toe, and accessories too . . . the complete Men's and Women's Olympic swimming squads are equipped with OCEAN POOL!

Follow the lead of the United States Olympic Committee . . . get the finest in swim wear, accessories and supplies. Everything from an ear plug to a diving board . . . everything for your pool . . . and get it all from one reliable source . . . OCEAN POOL SUPPLY CO.!

OCEAN POOL equipment chosen for Men's & Women's Swimming.

Water Polo and Modern Pentathlon Squads. Ocean Champion® Nylon Racing Trunks, Ocean Mermaid® Nylon Racing Suits, Nylon Lastex Practice Trunks, Nylon Lastex Diving Trunks and Suits, Ocean Maid Terry Robes, Rubber Sandals, Ear Plugs, Ocean Nose Clips, Kick-A-Board, Goggles, and Racing Caps.



OCEAN CHAMPION®
Nylon Racing Trunks

Compare with any other trunk . . . these five points tell why the U. S. Olympic Team will wear the Ocean Champion.

1. Full circumferential nylon supporter!
2. Two rows of stitching on waistband prevent curling or folding over!
3. Strong, lightweight, rapid-drying nylon!
4. Correctly sized . . . adjustable drawstring!
5. Superior workmanship . . . extra strong double-row stitching throughout garment.

Follow the lead
of the
U.S. Olympic Committee

SEND FOR CATALOG C

get in the swim with **OCEAN POOL SUPPLY CO.**

866 Sixth Avenue • New York 1, N. Y.

Another first by **R-W!**

New "FoldeR-Way." Aluminum Partitions



Childs & Smith, Architects, Chicago

**Only R-W
gives you so much more
New Beauty! Modern Design!
Everlasting Performance!**

- ★ **No painting expense—ever!** Each section made of smooth, flush, durable aluminum.
- ★ **Lightweight!** 3" thick partition sections weigh 50% less than conventional designs.
- ★ **Scientifically engineered!** Honeycomb internal construction provides maximum strength, minimum weight and minimum sound transfer.
- ★ **Dimensional stability!** Not affected by humidity or temperature changes.
- ★ **Fully automatic electric operation!** Key switch control does it all.

For details and specifications,
write for **FREE** catalogs today



This R-W "FoldeR-Way" aluminum partition installed in West Senior High School at Aurora, Illinois, is the first aluminum gymnasium folding partition ever installed anywhere! Electrically operated and fully automatic, a turn of the switch key does everything.



606 W. THIRD STREET, AURORA, ILLINOIS
Branches in Principal Cities

SLIDING DOOR HANGERS & TRACKS • ELECTRIC DOOR OPERATORS • FINE DOORS & PARTIALS • INDUSTRIAL DOORS & EQUIPMENT • INDUSTRIAL CONVEYORS & CRANES • SCHOOL WARDROBES & PARTITIONS

TEACH GOLF in a 10' by 20' by 10' area!

Add America's fastest growing sport to your recreational program with the

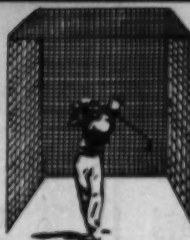
STERLING NYLON GOLF NET

- Unaffected by weather, it can be erected easily indoors or out.
- Ideal for teaching youngsters the only sport that is universally enjoyed in later life.
- A complete range of net sizes is available to cover the needs of any college, high or prep school.
- Pupils may practice a full swing with every club in the bag. Balls stop noiselessly in the net.

For literature, write to:

STERLING NET & TWINE CO. NET MANUFACTURERS

164 Belmont Ave., Belleville 7, N.J. • Boston: P.O. Box 464 Boston 2, Mass.



this piece is a needler of monstrous proportions. Witness these needle-pointed gems:

"Don't raise your boy to be a football coach. In fact, be more cautious than that. At the first sign of his desire to become a football coach, just stop raising him."

"Football coaches are a class of selfless sufferers who go on building character year after year, no matter how many states they have to import it from."

"Where else but in football can you be sure of that exhilarating day-to-day experience of wondering whether you have a job?"

"My figures on athletic directors show that they usually fire two coaches and then leave with the third. This athletic director (I know) is working on his second coach."

"Just before the game, the whole squad got food poisoning. They had to keep dashing on and off the field, back and forth. They were compelled by a force stronger than the coach's will."

Jimmy Phelan (writes our friend, Mr. Watson) coached at Missouri, Purdue, Washington, and St. Mary's before going to the pros. His troubles didn't exactly end there, either. Three franchises—the Los Angeles Dons, the N. Y. Yanks, and the Dallas Texans—went down under him.

"When I was with the Yanks," Phelan once said, "a report got around that there was some kind of animal loose in Yankee Stadium. The ground-keeper said he thought it was a fox. But when they caught it, it wasn't a fox at all. Just one of those wolves that followed me all the way from Seattle."

The California mastermind, Pappy Waldorf, is a large gent who weighs in the vicinity of 275 pounds. One day he addressed his squad as follows: "You're not only a fine football team, you're a fine group as well."

Touched by this tribute, one of his players, Jim Cullom, replied, "And you're a fine group yourself, Coach."

When Billy Vessels joined the Baltimore Colts, he was a David in a camp full of Goliaths. The little fellow had to look up at such monsters as 270-lb. Art Donovan, 275-lb. Tom Finnin, 255-lb. Don Joyce, 245-lb. Gino Marchetti, 305-lb. Buzz Clark, 270-lb. Don Chelf, etc.

Nobody seemed to pay any attention to him, and he began figuring that he had done something wrong and that the players were deliberately snubbing him. So he went over to publicist John Steadman and told him of his troubles.

Kindly John patted him on the shoulder. "Relax, Billy," he advised. "They're not cold-shouldering you. They just haven't seen you yet!"

Trying to book a game with a Pennsylvania school, the Texas coach put in a long distance call and was told

that the toll would be \$2.

"Why," the Texan sputtered, "back home we can talk to hell and back for two bucks."

"Mebbe so," answered the operator, "but from Texas that's a local call."

"Portrait by Bill Stern" authored by Vic Gold in *The Skiff* (Texas Christian U.):

One fall day in South Bend, Ind., a small, anemic-looking lad approached Coach Frank Leahy. "Coach," the kid said, "I wanna play football for Notre Dame."

"G'wan, punk," the coach said. "You'd be broken in two."

But the gritty young kid insisted. Day after day he reported to the field and registered his desire to play football for Notre Dame. Finally, out of sheer anger, Coach Leahy agreed. "Report to the dressing room right before game time Saturday. I'll give you a uniform."

That Saturday, the boy showed up promptly. Leahy was surprised to see the young, spindle-legged kid. The genial coach smiled.

"Well," he said, putting his hand on the boy's shoulder, "if you think you're going to play for one of my teams and screw up the works, you're nuts."

The freshman was crushed. But the coach, ever mindful of a youngster's feelings, tried to soften the blow.

"You're just not built for football, kid. Why don't you go to China and get into politics instead?"

That young boy—turned down by the Notre Dame coach—followed that advice.

His name: Chiang Kai-shek.

Believe it or not, this happened at Conestoga H.S., Berwyn, Pa., reports cross-country coach Bill Monohan: "Allan Freed, a lanky junior, was a member of my cross-country team. In a dual meet on TUESDAY, he failed to place in the first 30. During a gym class on WEDNESDAY, he threw a 50-yard pass in a touch football game. Assistant football coach and gym teacher Bob Fitzgerald reported his find to head coach Bill Paolantonio. On THURSDAY, Coach 'Pal' and myself convinced the young junior that he might do better in football. On FRIDAY, he received a suit.

"With 15 seconds to go in a 0-0 game against Conshohocken on SATURDAY night, Allan was sent in with instructions to throw a long pass. He did—from the 50 to the waiting arms of end Harvey Cornell. TOUCH-DOWN!

"P.S.—On Monday I almost lost my entire squad. They all wanted to turn in their running togs for football uniforms!"

With practically every high school and college eleven using some form of belly play, the nation's coaches must be belly-aching like crazy—averting Joe Stanczyk, the very able backfield coach at Columbia University.

THE TEN FOOTBALL SAFETY COMMANDMENTS

1. Before contact or a fall, pull in your head. Hide it in your shoulders. Don't stick out your neck. Keep it short and straight.

2. In tackling or being tackled, keep alert and in balance. Protect yourself.

3. In falling, a rigid arm can break a collarbone. Roll or absorb shock by degrees.

4. Horsing around on a slippery shower or dressing room is an open invitation to disaster.

5. Anyone can get blistered feet in practice. Only a square will fail to make immediate correction. Not tomorrow—but now!

6. Sloppy-joe shoelaces, chin strap or pad fastenings are marks of a small-time player.

7. Failing to report a cut or bruise or sprain isn't a sign of toughness—it's just dumbness.

8. Being alert by keeping your mind on the business at hand is the best type of injury insurance.

9. The wearing of a tooth or face protector is good horse-sense. Intentionally grabbing or twisting an opponent's protector is unsporting.

10. Wearing cleats on a concrete or brick surface is a sure way to reap a crop of scratches, cuts and tears.

—A National Federation Service



One of the largest mechanical folding bleacher installations ever designed and installed anywhere. Here is the actual installation (not an artist's conception) as completed in the new multi-million dollar high school in Vancouver, Washington. These bleachers are opened and closed by school personnel without the use of electrical or mechanical devices.

Berlin EZ-A-WAY Bleachers

In this installation, note the enclosure of seats in nested position which permits no space for dust or other debris to collect when the bleachers are not in use. A slight slope of the bleachers in the closed position eliminates the optical illusion of the bleachers falling forward when in closed position. Here you see massiveness yet simplicity of under-structure that guarantees safe and comfortable seating as well as perfect vision for all spectators.

TRUE FLOATING ACTION—In BERLIN EZ-A-WAY Bleachers no devices or interdependent parts are involved. A slide arm arrangement with exact tolerances is designed for assured ease of operation . . . no possibility of mechanical complications. There is ample space available under forward seat board and riser board, assuring "stretch" space for feet without the danger of marring shoes . . . no connecting angle iron, nuts, or bolts in this "foot stretch" area exposed. There are no springs, retractable wheels or other mechanism involved in BERLIN EZ-A-WAY Bleachers . . . no vertical support members ever come into contact with the floor as the entire unit is carried by 4" diameter x 2" wide, non-marking rubber wheels. This feature eliminates the possibility of floor marking or scarring due to a possible mechanical failure of retractable type wheel construction. Write for complete details.

BERLIN
SEATING
ENGINEERS
BERLIN, WISCONSIN

Close-up of BERLIN EZ-A-WAY Mechanical Folding Bleachers . . . showing sturdy construction.



TRUE floating action is illustrated here . . . no devices or interdependent parts involved.



"Foot stretch" area (close-up) assuring space for feet without possibility of marring shoes.



Wheels do not retract or otherwise change position . . . entire unit is carried by these 4" diameter x 2" wide non-marking rubber wheels.

COACHES AND STUDENTS AGREE— AALCO GYM MATS HAVE "REAL GUTS!"

That's what it takes in a mat to stand up under the rough and tumble treatment of rugged calisthenics.



Now! Six Different Lines Offer a Quality to Fit Your Needs and Pocketbook

AALCO GYM MATS WITH CUSTOM-TREATED PLASTIC COATED COVERING

Available for all six lines of Aalco mats. Aalco Custom-Treated Plastic Coated covering is unequalled for Quality, Durability, Economy. Consisting of a top grade duck impregnated with Vinyl plastic. It will not chip, crack or peel. It is washable, sanitary, dustproof. Does not become slippery when wet, is unaffected by oil or perspiration. Outwears plain duck by years. Invaluable further today!

Aalco Gym Mats are designed to "take it!" Unequalled for resilience and durability, they are built to withstand the punishment of daily service and retain their shape and protective qualities for years. Hand made to your specifications, they are available in a wide selection of the toughest filler material—100% Black Goat Hair, 100% Cattle Hair, Combination Hair Felt, Rubberized Hair & Hair Felt, to name a few—and covered with the finest plain or plastic coated duck on the market. Strong "rooted" handles, square corners, reinforced side walls, inverted seams, close fitting are other features you get. For dollar invested, you'll agree there's no better gym mat to be bought than an Aalco Mat.

See Your Sporting Goods Dealer
Write for New Aalco Catalog

AALCO MANUFACTURING CO.
2729-C Wyandotte St., St. Louis 11, Mo.

Soccer Heading

(Continued from page 24)

change in the general considerations of the overall skill. This change pertains to the amount of force with which the ball is met.

In order to keep the ball within playable distance, the player will either "give" with the oncoming ball or meet it with as little force as possible. The other considerations regarding positioning, balance, etc., will generally hold true.

Whether the player is moving or stationary when trapping the ball, he must trap it so that he can instantly pass, shoot, or dribble in the desired direction. This will be accomplished by either (1) moving the body with the flight of the ball and tilting the head backward or (2) holding back slightly on the forward movement and tilting the head further forward than usual.

The first method will cause the ball to take a soft bounce upward off the head and drop lightly in front of the player. The latter method will direct the ball immediately downward so the player can instantly move with it in the desired direction. The forward movement must be restricted because if the ball is met with too much force, it will cause the ball to roll too far away from the player.

PEDAGOGY

Because of the tremendous amount of timing involved and the unpleasant sensation of improper contact, this fundamental can prove difficult to teach and practice. For beginning players, especially younger boys, either a deflated soccer ball or a ball of lighter weight should be used. Lobbing balls to be headed from short distances will also help cut down on the difficulty.

Extreme care must be given to the initial exposure to heading so the player will have a satisfactory experience and will develop good habits.

In the presentation of this skill, an explanation should be given as to where this fundamental can be employed in the game and why it is employed. The common factors involved in all the various types must be emphasized. One type should be presented at a time, with a brief explanation of the essential features involved and with a suitable personal or film demonstration.

The errors common to beginning and advanced players alike usually

Keep 'Em Playing BASKETBALL

Glasses are "Tops"



Precision Built—Shock Resistant Case Hardened

No Chance for error. Lenses are ground to individual prescription from finest Bausch & Lomb optical glass and hardened to meet U. S. Gov't. safety standards. Frame is of non-corrosive white metal with elastic head-band (regular temples for coaches and officials).

FOOTBALL GOGGLES

Lenses guaranteed shatter-proof. Extra large size. Frame of molded rubber is shock-proof and ventilated. Ideal for practice or bowl games.

Only \$24.75

When ordering send prescription and size of present lenses. Allow 3 days for delivery.

Only \$21.75

Free brochure on request

PRECISION ATHLETIC GOGGLE CO.
DEPT. 780. ROCHELLE, ILLINOIS

National JIM-FLEX GYM MATS

GUARANTEED NEEDLE-FREE AND 100% SAFE! JIM-FLEX is our top-grade mat. 100% safe selected hair layer—felt will retain excellent cushioning qualities indefinitely.

LOW IN PRICE!
HIGH IN QUALITY!



featuring

MAT HIDE

New scientific, smooth-coated TOUGH covering. Wears like iron! Not slippery. Reduces skin burns. Sanitary and washable. In Ivory, Blue, Green, Red or Grey.

Also available in white numbered socks.

WRITE FOR FREE CIRCULARS on Floor and Wall Mats and Covers . . . and Baseball Boxes.

NATIONAL
Sports Company

364-374 N. MARQUETTE ST.
FOND DU LAC, WISCONSIN

STOP WATCH FACTS



ONLY
Minerva
CAN OFFER

• NEW UNCONDITIONALLY GUARANTEED COIL SPRINGS! Put an end to wear, friction, resulting in annoying failures — the only stop watch with a non-breakable Coil-spring.

• INDEPENDENT HAMMER SPRING gives perfect flyback to zero on every "Button on Side" time out unit—guaranteed for life! Featured in our HEAVY DUTY Football, Basketball and Track models.

• ACCURACY CERTIFIED BY OUR WESTERN ELECTRIC ELECTRONIC TIMER.

We are headquarters for
STOP WATCH REPAIRS & SERVICING

All makes—prompt service
Now Ready! New catalog showing over 50 models.
Write today!

M. DUCOMMUN CO.

Specialists in Timing Instruments
380 Fifth Ave., New York 26 • Plaza 7-2540

involve one or more of the following factors:

1. Improper positioning prior to execution.
2. Poor balance.
3. Employing the wrong surface of the head.
4. Heading without purpose and direction.
5. Failing to meet the ball with sufficient power.
6. Heading low balls.

The latter, when attempted in the vicinity of another player, constitutes a violation of the rules termed "dangerous play." Regardless of any injury suffered by the offending player, an "Indirect Free Kick" can be awarded to the opposing team.

When considering the actual game situation, another common error can be added to the list—that of heading too high on scoring attempts. The ball should be met with force and directed downward just inside the goalpost. Fabian and Whittaker point out that it's surprising how often a headed ball "aimed at the bottom of the post will result in one at about cross-bar height."

DRILLS AND GAMES

The simplest drill for heading instruction and practice is the "Circle and Feeder" drill. The team or class is divided into small groups with each being given a ball. One member acts as feeder and tosses the ball to the others who have formed a circle or semicircle around him. The players then head the ball back to the feeder, head it sideward to the next player in the circle, or head-trap it.

Emphasis should be given to heading downward to the feet of the intended receiver. The distances between the feeder and the other players can be varied according to the skill of the players.

Another simple drill that can be used when players have attained some degree of proficiency is "Keep It Up." The players stand in a circle, one player tosses the ball into the air, and the group attempts to head the ball into the air as many times as possible before letting the ball touch the ground.

The drill can be run by having the closest player to the ball head it, or by giving the players an assigned order. The latter will demand a higher degree of accuracy and will make the drill more difficult.

One valid objection to the indiscriminate use of this drill is that the players are constantly heading the ball into the air. A great deal of benefit and enjoyment can be derived from this drill, however, and bad habits will be avoided.



"Solves our locker room problem...
My Control Key opens every padlock."



MASTER NO. 1525
KEY CONTROLLED
2 YEAR GUARANTEE



MASTER NO. 1500
Same design and construction as No. 1525... but without key control. Full two-year guarantee.

Master

NO. 1525
COMBINATION PADLOCK

- ▶ DURABLE • LOW COST
- ▶ KEY CONTROLLED
- ▶ STAINLESS STEEL CASE CONSTRUCTION

Master Combination Padlocks give you 2-way budget relief—low initial cost and long-lasting, trouble-free service! Double wall construction... hardened steel locking latch... automatic re-locking mechanism... and other security features.

Builders of the World Famous
Master Laminated Padlocks

Master Padlocks

Favorite of America's Coaches

Master Lock Company, Milwaukee 45, Wis.

World's Largest Padlock Manufacturers

Protect those eyes with...

ALL AMERICAN*

ATHLETIC GLASSES

Designed for
rough treatment



Consult your eye doctor for further information

LABORATORIES
IN LEADING UPPER MIDWEST CITIES

Since 1913

Benson

*Pat. Pend.

Executive Offices - Minneapolis, Minn.

**NO WONDER I PLAY BETTER
ON ROBBINS MAPLE FLOORING!**

Robbins controlled resiliency is the secret. It assures fast, lively action, saves wear on leg muscles, keeps players at their best. Controlled resiliency is guaranteed by the way Robbins flooring is laid: a layer of mastic over concrete, a layer of cork, another layer of mastic, and then Robbins Ironbound* Continugus Strip* Hard Maple Flooring. Robbins engineered construction with interlocking steel splines keeps floor tight and smooth for generations to come. No wonder it's the flooring preferred by players and coaches from coast to coast.

Installed only by authorized floor contractors. Write for complete information.

ROBBINS FLOORING COMPANY World's Largest Manufacturer of Maple Flooring
Reed City Ishpeming, Michigan

* Reg. U.S. Pat. Off.

Robbins Maple Flooring
Mastic
Cork
Mastic
Subfloor

Basketball Timers and Scoreboards



Has all the new features:

- Synchronized Flasher-Timer
 - Loud Horn Vibrator Type
 - Electric Numbergrams
 - Translucent Team Names
 - All Units on Separate Connectors
 - Remote Control
- Overall size 72" x 34" x 6", numbergrams 6½" x 10", letters 5" high

Other Models Also Available. Immediate Delivery

M. D. BROWN CO.
EAST LAKE STREET, NILES, MICHIGAN

"Soccer Volleyball" is a game that involves a great deal of heading and, therefore, can be used in the instruction of this fundamental. The ball can be served midcourt by one player tossing the ball into the air and heading it over the net (the height of the net can be adjusted to fit the situation).

The ball is allowed one bounce between player contacts and, as in regular volleyball, a maximum of three contacts is allowed before the ball must be sent over the net. The players are allowed to contact the ball with any body surface legal in regulation soccer.

Whenever possible, heading practice should approximate game conditions and in combination with other skills. Numerous drills are possible which simulate the actual game.

For example, two lines can be formed 15 or more yards apart at midfield. The first player in one line will throw or punt a lead pass to the first player in the other line. The latter will then head the ball back to the feet of the first players as he advances goalward. After interpassing on the ground, the sequence can be climaxed by a shot at the goal.

Another drill can be set up by having a wing or wing halfback center a lofted ball into properly dispersed offensive and defensive players in the penalty area. The offensive linemen will attempt to head the ball as a shot at goal or as a set-up for a shot. The defensive backs will attempt to head the ball clear of the scoring area.

Many other drills of a similar nature can be obtained by consulting the references listed at the end of this article. Better yet, the coach or teacher can analyze the weaknesses exhibited in games and then devise drills which involve similar conditions and techniques.

Heading is just one of the skills necessary for playing good soccer. As evidenced by the statistics presented and by observation of play, we can safely say that it's one of the most important fundamentals.

SELECTED BIBLIOGRAPHY

1. Creek, F.N.S., Association Football, London: J. M. Dent and Sons, 1937.
2. DiClemente, Frank F., Soccer Illustrated, New York: A. S. Barnes and Co., 1955.
3. Fabian, A. H., and Tom Whittaker, Constructive Football, London: Edward Arnold and Co., 1950.
4. The Football Association, The Football Association Coaching Manual, London: Evans Brothers Limited, 1950.
5. Jeffrey, Bill, The Boys with the Educated Feet, Minneapolis: Burgess Publishing Co., 1951.
6. V-Five Association of America, Soccer, Annapolis: U. S. Naval Institute, 1950.
7. Winterbottom, Walter, Soccer Coaching, London: The Naldrett Press, 1952.

Interval Training

(Continued from page 28)

So far I have mentioned only repetition quarter miles, but let me hasten to add that I would agree with other writers that the repetition distance should be related to the distance aimed at. The important point is that the repetition distance should always be a fraction of the whole so that the desired racing speed can be practiced.

A quarter miler, for example, could run 110s, 220s, or 330s, or more probably make use of all distances. I do not think they should be mixed up in one session, or the athlete will have no fixed standard against which to measure his performance. A periodical time trial over a non-racing distance, say 330 yards, might provide a useful check on progress.

There's one other form of interval training which isn't directly related to the runner's distance but which might be more exploited, especially in pre-season training. I refer to repetition dashes of short duration.

Because of their strenuous nature and the constant application of overload, there are beneficial results in the building of strength and improvement in organic fitness which are greater than those from longer and slower repetitions. In dash or burst training, the repeated need to overcome inertia with each new acceleration provides the overload. The intensity of work places great stress on the heart and lungs.

There's probably no need to embark on a lengthy explanation of the physiology of this type of saturation training. It's sufficient to say here that the effects on endurance are most marked because of the all-out effort. Also, by exercising the heart and lungs at their upper levels of efficiency, the upper limits are slowly extended. This produces a greater reserve of efficiency for times of physical stress.

I suppose that this type of dash training could expressively be termed as "guts" training. It may warrant inclusion in pre-competitive training, but should not replace the interval training at the desired racing speed.

In conclusion, here is a summary of the views on interval training which have been presented and implied:

1. One form of running doesn't fundamentally differ from another.
2. There's a basic plan upon which all running training schedules can be built.
3. Schedules of interval training



School and college coaches report— **FASTER, LONGER RELIEF OF MUSCLE ACHES WITH MINIT-RUB!**

Team members prefer new, greaseless rub 4 to 1 over formerly used remedies. After 398 coaches of 22 active sports tested new Minit-Rub against their favorite remedies for strains, stiffness and sore, aching muscles—Minit-Rub came out the winner!

Coaches found it faster-acting and found its relief longer-lasting. Easier to use, too!

Minit-Rub combines 3 pain-relieving prescription ingredients and soothing lanolin in a special greaseless base that disappears like

vanishing cream. So its medication starts action faster than greasy rubs—relieves pain deep-down, yet won't burn skin.

Start using new Minit-Rub—39¢ and 69¢.



**GREASELESS! STAINLESS!
APPLIES LIKE VANISHING CREAM!**

Buying Bleachers? Better Look Twice at Maintenance Costs

A recent survey shows that upkeep of athletic field seating averages 40¢ per seat per year. The biggest cost factor is in the labor required to hand scrape and refinish steel members that rust and scale in no time at all.



At PLAYTIME we lick the rust and costly maintenance bugaboo by Galvanizing Bleachers—After Fabrication. This exclusive process means that all steel members of PLAYTIME seating receive a heavy Hot-Dip zinc coating following weldment and sub-assembly. Galvanizing AF stops rust at manufacturing source . . . eliminates for years, costly painting and scraping operations . . . reduces bleacher upkeep to but pennies per seat per year.



If you're seeking bids on athletic field seating, be sure to get full particulars on PLAYTIME'S Galvanized AF Stands. They cost less and last longer!

Coast-to-Coast Coaches Praise Ting Antiseptic Cream To Stop Athlete's Foot Itch

FROM KANSAS—"It was more effective than anything else we used."

FROM KENTUCKY—"Ting is the only remedy I've found to date!"

FROM NEW YORK—"Easy to apply...quick acting...no irritation."

**Amazing "hospital-tested" cream
destroys Foot Itch fungi on 60-second
contact...instantly relieves the itching!**

Why endure that agonizing toe itch? Hospital tests show TING Antiseptic Cream gives instant relief...restores wonderful comfort to sore, burning skin and cracks, peeling toes.

Laboratory tests also prove TING's amazing fungicidal action destroys Athlete's Foot fungi on 60-second contact. Prevents spread of infection. Aids healing of raw, cracked toes fast.

TING is a non-greasy, stainless "dry cream" discovery. Simply rub on. Dries quickly to powder that clings, thus continues relief for hours. Buy TING today. Guaranteed results. Money back if not satisfied. Available at all druggists. Only 69¢.



*Yours for increased seating capacity,
livelier rebounds, greater spectator enjoyment!*



NURRE *All-Glass* BANKS

Eliminate those behind-the-backboard "blind spots," and make your games more enjoyable for fans and players alike... with popular Nurre All-Glass Banks! Fully approved by National Basketball Committee for high school, college and professional games. Surprisingly low in cost, easy to install... and positively guaranteed against breakage in normal use. In fact, Nurre All-Glass Banks have served for thirty-two years... and not one has ever been broken in play!

In addition to the rectangular and fan-shaped banks shown above, Nurre offers a low-cost rectangular model with a 12" wood panel across the bottom. Send for free illustrated booklet today. And remember to order your goals from Nurre, too, stating type of bank—all-glass or with wood strip.

The Nurre Companies, Inc.

Makers of Glass Banks since 1924
Dept. SC-116, Bloomington, Indiana

differ from individual to individual according to many factors.

4. Improved racing speed should be the objective of training.

5. The practiced racing speed is based on an estimate of present ability rather than on aspirations for the future.

6. The repeated distance is always a fraction of the competition distance, to allow for much practice at the desired racing speed.

7. Reduction in repetition times should be the one variable factor once the number of repetitions, length of repeated distance, and recovery interval have been established for each individual. The runner is more sensitive to improvement when there is only one variable. Moreover, development of greater speed is the aim.

8. The repeated distance may vary for different days of the week, but it's better not to mix distances on any one day.

9. Weekly mileage is roughly relative to racing distance, but emphasis should be on quality, not quantity.

10. Endurance training is like strength training in that the progressive overload principle is applied.

11. Athletes who do not continue to run at the end of the track season must undertake progressive conditioning.

12. The inclusion of some training which uses short flat-out repetitions of speed merits consideration.

Sportsmanship Plan

(Continued from page 16)

and has spread to our adult crowd even more than in the past. The Sportsmanship Trophy has been the basis for this feeling and understanding.

"Our high school won first place in the won-loss department, and this required a lot of effort. But our school has worked almost as hard for sportsmanship. The sportsmanship race has been a great success."

The author, principal of Derby H. S., received the following statement from Melvin Newman, president of the Derby Student Council:

"We, the students of Derby High, have come to the conclusion that the Chisholm Trail League Sportsmanship Trophy has done much to help the game of basketball and to further peaceful but keen rivalry among the league teams and students."

"It is our conclusion that the league members have developed larger and better pep squads with organized yells, so that their cheering will not only help their players but keep a clean, fast game going at all times."

Fall Training

(Continued from page 30)

3. Fundamentals (20 minutes).
4. Run one-half mile — alternately run and walk a full mile.

FOURTH WEEK

Daily workout:

1. Calisthenics (9 repetitions).
2. Fifteen minute volleyball game.
3. Using medicine ball, run split-vision drills for about 6 minutes.
4. Fundamentals (30 minutes).
5. Run one mile—alternately run and walk another mile.

FIFTH WEEK

Daily workout:

1. Calisthenics (9 repetitions).
2. Fifteen minute volleyball game.
3. Medicine ball split-vision drills.
4. Fundamentals (30 minutes).
5. Run two miles.

Give test covering entire rule book.

SIXTH WEEK

Monday, Tuesday, Wednesday:

1. Calisthenics (10 repetitions).
2. Fifteen minute volleyball game.
3. Medicine ball split-vision drills.
4. Fundamentals (30 minutes).
5. Run two and one-half miles.

Thursday: Complete rest.

Friday: Administer and record all tests.

Here is a list of calisthenics recommended for basketball players: Bend and reach, squat thrust, high jumper, squat jumper, lunge, finger-tip push-ups.

Strict adherence to good form should be maintained while performing these calisthenics. Unless your athletes perform these movements properly in the early stages of training, they'll find them unusually difficult as the number of repetitions is increased. Executed correctly, they'll become easier as the weeks pass because of added strength.

Though some boys will complain

LOCKER BASKETS

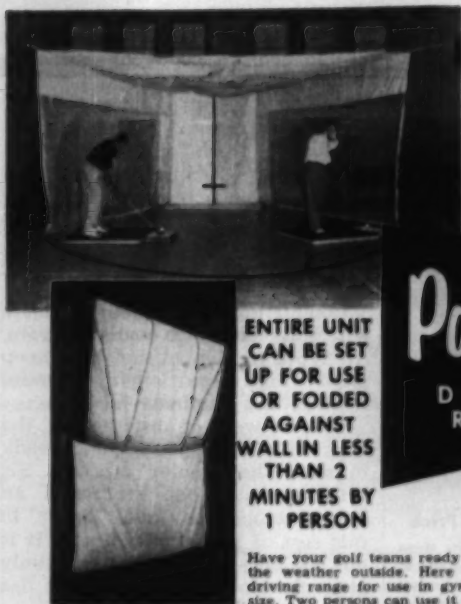
AND

SPACE SAVING UNIFORM HANGERS

All steel wire welded construction. Clean, bright, corrosion resistant finish. Available in sizes to meet your locker room needs. Write for descriptive literature and school prices.

AMERICAN WIRE FORM CORP.

267-373 Grant Ave.
Jersey City, New Jersey



ENTIRE UNIT
CAN BE SET
UP FOR USE
OR FOLDED
AGAINST
WALL IN LESS
THAN 2
MINUTES BY
1 PERSON

Pak-A-Way

GOLF
DRIVING
RANGE

... a
complete
set up

Have your golf teams ready for spring competition regardless of the weather outside. Here is the only complete package golf driving range for use in gymnasiums or other rooms of suitable size. Two persons can use it at the same time. Easy to install... safe to use—the ball cannot be driven out of it and cannot rebound or ricochet back against the player... ample space provided for backswing for tallest players. When not in use, entire unit can be rolled up and fastened to top bar, lifting unit 18 ft. completely out of reach. Durable and substantially made... no part of the entire assembly will mar the surface of the floor... may be attached to either concrete, brick, block or frame wall of any size gymnasium. Complete package includes net, backstop and driving platforms with built-in rubber toes and brush mat... player opening 20 ft. wide; overall height 11 ft.; shipping weight 280 lbs.

BERLIN CHAPMAN CO. BERLIN • WISCONSIN
Write for complete details and price now. *Manufacturers Since 1909*



ALL I hear is

Imperial Award Sweaters

Imperial Award Sweaters

Imperial Award Sweaters

And your sporting goods dealer will affirm what many coaches already know: that Imperial Award Sweaters, custom tailored of finest pure plied virgin worsted, fulfill your expectations of what a top quality award sweater should be.

Ask for these at your Sporting Goods Dealer

Imperial Knitting Company

Fine Knit Goods Since 1903 • Milwaukee 12, Wisconsin

BASKETBALL TOTE BAG

lined and with

DOUBLE SANITARY POCKETS

Colorful
School
Colors

Plain or
Colored
Band

**2 Sanitary
Pockets**

Heavy
Sanforized
Twill



Rope handle for over shoulder
carrying

Stencil in Black included in Price

Two convenient inside pockets keep suits clean and away from strap, shoes and socks. Made of strong, vat-dyed cotton twill in your school colors with an oblong bottom (sewed in pocket for bottom board) and lined with white cotton twill. Color fast, and completely washable. Teeth grommets that will not pull out. It's just the right size at 18" wide and 22" in length.

School Price \$2.00

Red, Royal Blue, Green, Purple, Black,
Navy Blue, Gold

Write for Literature on full line of bags

SNITZ MANUFACTURING CO.
212 OTTER ST. OSHKOSH, WIS.



BASKETBALL BACKBOARD

Complete with **GOAL**

\$29.95

All-weather $\frac{3}{4}$ "
plywood, full sealed
and painted, solid $\frac{1}{2}$ " steel goal
and 12 clips. Heavy treated net.
Sturdy bracket and complete hardware. Send for catalog of other
Richardson items and prices.

Richardson
ROD AND REEL COMPANY
3150 N. SAWYER CHICAGO 18

about the calisthenics, most of these lads really have a deep-rooted desire to achieve good physical condition and will take great pride in their new physical development later in the season.

After a week of training, the coach can conduct specialized weight-lifting exercises for boys who require something more than calisthenics. This can be accomplished while others are playing volleyball.

Conducting the workout outdoors will add variety to your program. All types of competition help keep spirit high, participation more willing, and eliminate boredom.

Given a week of absolute rest, the boys will then be eager and ready to start the regular practice. Sir William Osler has originated an axiom which may well apply to this sort of basketball effort: "It is not our duty to see what lies dimly at a distance, but to do what lies clearly at hand."

Switch Offense

(Continued from page 38)

the initial Switch movement (Diag. 1). The various types of footwork in this situation, which are drilled on at great length, are as follows:

I. When defensive man is playing tight:

1. Feint drive to hoop and come out to meet pass.
2. Receive pass with left foot forward.
3. Upon receiving ball, swing left leg around toward sideline.
4. As left foot hits the floor, pause, push off hard with right leg.
5. Twist shoulders to left to avoid defensive man and push ball out with left hand.
6. Drive to hoop, dribbling with left hand.

II. When defensive man is playing loose:

1. Step to meet pass with left foot forward.
2. Swing left leg across body toward hoop side.
3. As left foot hits floor, continue move same as 4, 5, and 6 above.

III. When defensive man is playing toward base line:

1. Step to meet pass with left foot forward.
2. Swing left leg either toward sideline or hoop side, depending on distance of defensive man.
3. When left leg hits floor, bring ball across body, low to floor, to rt.

**YOUR BEST
SCOREBOARD
BUY...**

Naden



N-325, the economy model in the big Naden basketball line, has 26" clock dial, 4" white scoring numerals, red bulls-eye period indicators, automatic horn and signal lights. It's a big board for little money. Write for details.

For information on the complete Naden line, ask for Catalog 15-Basketball, 25-Football, 35-Baseball.

NADEN INDUSTRIES

Webster City, Iowa

FREE

FOR YOUR CLASSROOM

**"GOOD
GROOMING
AND YOU"**

An animated educational filmstrip
in full color with sound recording!

"Good Grooming and You," produced by Scholastic Magazines in cooperation with Arrow Shirts and Lanthier Perfumes, has won the applause of students and teachers in schools across the nation.

Geared for both boys and girls, this story of a typical teenage experience is an unusual and constructive form of health and grooming education.

The filmstrip and accompanying record are available free for a week during any month of the school year. The film is composed of 37 frames and runs for twelve minutes. The 12 inch record can be used on any standard machine having 33 1/3 R.P.M.

To reserve this film for your school, fill in the listing under "Scholastic" on page 64.

A FORMER varsity cager at the University of California, where he received his A.B. and M.A. and later coached frosh basketball, Irwin P. Diamond is now athletic director and basketball coach at the College of Marin, Kentfield, Calif. During the past nine years, his teams have won four league crowns and a national junior college championship.

4. Twist shoulders to right, step in front of defensive man with left leg.

5. Push off hard with right leg and drive toward hoop.

IV. When defensive man is playing very loose:

1. Step to meet pass with left foot forward.

2. Step back with left foot and line up shot.

3. If defensive man does not advance, shoot.

4. If defensive man advances, step forward with left foot, pause, push off with right leg and drive to hoop.

V. When area under hoop is congested:

After getting by the defensive man, either pass off to the free offensive man or stop for a jump shot.

Adding up, then, the Switch offense offers the following advantages:

1. Makes best use of the better all-around players.

2. Emphasizes shooting from specific areas.

3. Provides a definite follow-up pattern which impresses the individual with his responsibility in rebounding.

4. Allows simple adjustment to changing types of man-to-man defenses.

5. Makes the boys happy because of the stress on individual play.

BASKETBALL SCORE BOOKS

3 New Books — 1956 Rules.

- Adams Official Basketball Score Book JLA Sr., No. 53-5, 12 players. 95¢
- Adams Official Basketball Score Book JLA Sr., No. 4L, 15 players. \$1.25
- Each book scores 30 games
- Adams Official Basketball Score and Scout Book, No. 4-58. \$1.25
- 15 players, 26 games

Introductory Offer—all 3 books mailed post-paid for \$2.50, with money back guarantee if not satisfactory. Save 95¢.

BASKETBALL COACHES WANTED

... in every state for wholesale and retail distribution of the Adams line of Basketball Score and Basketball Score and Scout Books. Liberal commission allowed. Each book provides a simple, roomy, accurate, economical system for scoring games. Books sell when shown.

JOHN L. ADAMS, Ath. Dir.
Lincoln H. S., Vincennes, Ind.

HUSSEY "ROLL-OUT" GYM SEATS



at
Cage Park
High School
Chicago, Ill.

240 Seat, 4 Tier
Installation

Extra seating or extra floor space as needed. Easy to open—easy to close. Note exclusive, Hussey "closed deck."

VALUE vs PRICE

Seating is a long range purchase—you've got to live with it. So, when you buy seating, buy Value not Price. The lowest bid can be the most expensive.

Hussey Seating is engineered by seating specialists. It is designed and built to meet your seating requirements. Whether it's the new, exclusive "closed deck" Roll-Out gym seats that contribute to the reduction in Public Liability Insurance Rates, or Portable Bleachers, HUSSEY Seating gives you the most for your money.

Model 6 Portable Steel Bleacher (patented) available for immediate delivery in 6-10-15 tier 12 ft. sections. The same stand can be used both indoors and out. Easy and quick to put up and take down. More than a million seats in use.



Write Today for FREE Catalog and Prices

IRON WORKERS



SINCE 1835

HUSSEY MFG. CO., INC. 561 R.R. AVE. NORTH BERWICK, ME.

Also Mfrs. of Piers, Floats, Diving Boards, etc.

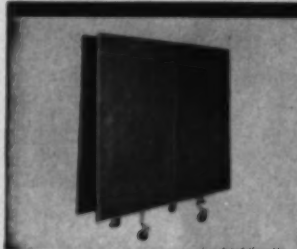
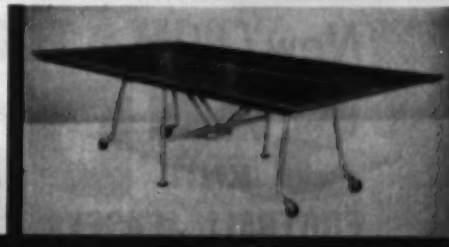
TABLE TENNIS

anywhere...

anytime...

with new, portable

TUCK-A-WAY



Check these details:

¾" plywood top, 5' by 9' and 30" high.

SICO "Floating-Fold" frame—no latches or locks.

Frame finished in beige enamel—other colors optional.

Flat green court with white court lines.

Guaranteed 10 years against construction defects.

SICO Tuck-A-Way, ready for play in seconds, folded and stored away in small 16¼ x 60 inch floor space area just as fast. Tuck-A-Way makes any area a recreation area, produces true multi-use of space. It glides quickly and easily from one place to another; unfolds and folds smoothly and instantly on exclusive, "Floating Fold" frame.

SICO Tuck-A-Way, designed for more flexible use of space, greater convenience and long, hard service. Tuck-A-Way carries a 10 year, written guarantee. Regulation, quality plywood top mounted on arc welded structural steel frame; casters are 3 inch, hard rubber.



manufacturing company, Inc.

5215 Eden Avenue, South
Minneapolis 24, Minn.

FREE CATALOG

gives complete specifications,
write:

Dept. 809

Gold Medal SPORTS NETS

A NET FOR EVERY PURPOSE . . .

A PURPOSE FOR EVERY NET!

Tennis, Volley Ball and Badminton Nets . . .
Goal Nets for Basketball, Hockey, Lacrosse,
and Soccer . . .

Cage Nets for Baseball and Golf . . .
Dividing Nets, Protective Nets, Skeet Nets.

THE LINEN THREAD CO., INC.
418 Grand Street Paterson 1, N. J.

New York 17, N. Y. Chicago 10, Illinois San Francisco 5, Calif.
Boston 10, Mass. Baltimore 3, Maryland Gloucester, Mass.

MAKERS OF FINE NETTING FOR OVER A CENTURY

New!!! SAND KNIT FOOTBALL JERSEYS AND PANTS

Knit From the New
Helanca-Stretch Nylon Yarn
Which Allows Material to
Stretch All Directions
and Always Maintain
Original Shape.

- Lightweight
- Durable

Elastic Nylon Yarn
That Cannot be Equalled!

Write for Complete Information

FREE! Newest 1956 Football
Clothing Catalog avail-
able on request.



SAND KNITTING MILLS CORP.

BERLIN, WISCONSIN

"Here Below"

(Continued from page 5)

of its members for tremendous ex-
cesses in recruiting and subsidiza-
tion!"

Conclusion: The wet-wash tycoon
deplores the PCC's courageous ef-
forts to clean up its football cess-
pool. In short, he is all-out for in-
sane, nihilistic proselytism, with no
safeguards, no checks and balances,
no administrative supervision.

Marshall's blating against the
Ivy League can be easily dismissed,
since the League is a rock that can
never be chipped by the slaps of
Marshall's wet-wash.

But the laundryman's next ful-
mination—against the New York
high schools (appearing in the 1956
Pro Football Annual)—is a shirt of
another color. It smacks of the most
dangerous sort of demagoguery. Get
a load of this inflammatory bundle:

"(New York City's) high schools
have the weakest athletic programs
in the nation. Its educational sys-
tems are veritable hot beds of rev-
olution, fantastic political theories,
and are split widely apart religious-
ly . . . (they are) gigantic factories,
grinding out human beings as
though they were parts for any
machine . . . Masses of people as-
sembled in any city who are com-
pletely foreign to the American way
of life only bears out the predictions
of Thomas Jefferson who said that
such a crowding condition can only
prove unhealthy for the people of
any country . . ."

That one paragraph exhibits
enough ignorance and bigotry to
shake the foundations of the Statue
of Liberty. Good Lord, where does
the guy dredge up such terrifying
absurdities? What revolution? What
fantastic political theories? What
religious cleavages?

The New York City high school
system, with all the painful prob-
lems engendered by its awesome
size; is still a remarkable monument
to our democratic educational sys-
tem. In a sense, it can be called
our proudest educational monument.
Where else can you find a free pub-
lic school system embracing 86 sen-
ior high schools catering to more
than 200,000 children of all races
and creeds—who live together, study
together, and play together in the
richest sense of the word "free-
dom"?

Since we haven't the time or the
stomach to dignify Marshall's
chauvinistic twaddle, let's confine
ourselves to his charge that "New

York's high schools have the weakest athletic programs in the nation."

Here is a run-down on the city's high school varsity program:

Sport	Teams	Players	Games
Baseball	64	1,600	365
Basketball	66	1,650	398
Bowling	45	630	226
X-Country	54	1,620	8 runs
Fencing	12	168	30
Football	21	1,050	80
Golf	34	374	100
Handball	58	754	240
Rifle	21	273	100
Soccer	32	768	185
Swimming	40	1,200	183
Tennis	41	574	122
Track	54	2,700	27 meets
	542	13,361	2,064

Add all this up and you find that the city's high schools are supporting 542 varsity teams embracing 13,361 youngsters, PLUS a compulsory physical education program (5 days a week) and a sweeping intramural program.

How could anybody with a shred of commonsense call this the "weakest athletic program in the nation"?

If Marshall would have invested a buck or two in a call to the Board of Education, he could have discovered these facts for himself.

Probably the wildest hair up Marshall's ear is the fact that football appears to be on the down-grade in New York. It probably is. And it's a pity, for football unquestionably is a tremendous sport offering many values to the school, the players, and the community.

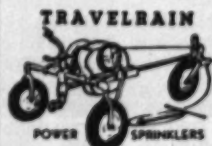
But two heart-breaking factors militate against it in a city the size of New York. The budget simply cannot meet football's mushrooming costs and there aren't enough large field areas to accommodate the teams. So the gridiron game must suffer.

But the program as a whole requires no apology. To the men who run it and to the youngsters who participate in it, we can only say: This (Marshall's wet-wash), too, shall pass away.

AUTOMATIC IRRIGATION

"Set It and Forget It"

Inexpensive — Designed for Athletic Fields.



POWER SPRINKLERS

Waters areas up to 100 x 600 ft. in one setting. Only 10 minutes to set or removal. Pulls itself along thru winding up a steel cable — Water Powered — Shuts off water automatically.

Write for literature and prices

TRAVELRAIN

382 N. Canon Drive, Beverly Hills, California
Established 1935

SPOTLIGHT PERFORMANCE



ALUMINUM

SPILL-PROOF ROCKER HURDLES . . . with flight safety
POLE VAULT STANDARDS . . . crossbars will not blow off
VAULTING POLES . . . stronger than steel, lighter than bamboo
NON-SAG CROSSBARS . . . won't bend or break in competition
HIGH JUMP STANDARDS . . . exclusive time-saving device
STARTING BLOCKS . . . gives top thrust at take-off
COLORED BATONS . . . a big visual aid in passing

ALUMINUM ATHLETIC EQUIPMENT CO.

Box 145, Wynnwood, Pennsylvania

"MOHAWK" REBOUNING AND TAP-IN BASKET

The Original and Still the Best on the Market Today



Price \$9.75 plus postage

"MOHAWK" BASKETBALL BLINDERS

The Finest Device to Teach

THESE BLINDERS will accomplish more in three months than three years without them. They implant the fundamentals of dribbling TOUCH-PRESSURE RHYTHM. Saves coaching time; the boy teaches himself without supervision. Made of non-breakable plastic, there is no danger to the eyes when used.

Here are the reasons:

EASY INSTALLATION: No climbing up and down. Using a special hook, the basket can be put on and taken off in 10 seconds from the floor.

NON-BREAKABLE: Our basket is unbreakable. It is not made of cast steel, but built of cold rolled steel and electrically welded. It can be dropped many hundreds of times without breaking.

NO DISPLACEMENT: Locked in mechanically, the basket will not come off.

ITS THREE USES: Thousands of coaches use it for rebounding practice, tapping practice, and quick break workout.



Order Direct from

MOHAWK VALLEY SPORTS, INC., Little Falls, N. Y.

1/2 doz. . . \$6, doz. . . \$10.50, plus postage

How to avoid "chimpanzee hair"



New greaseless way to keep your hair neat all day

The gentleman above is as outdoorsy as his tree-swinging friend. But he manages to keep his hair neat—and does it without messy oils.

After drying exposure to winter wind or morning shower, he uses new

Vitalis with V-7, the greaseless grooming discovery. Vitalis keeps hair in place all day without a plastered-down look. Try it. You'll like it.

VITALIS® HAIR TONIC WITH V-7.

ANOTHER FINE PRODUCT OF BRISTOL-MYERS



Do you know

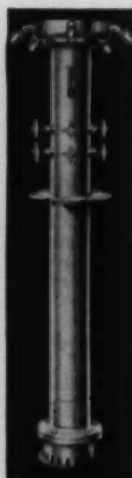
WHAT COLUMN SHOWERS ARE?

LOWEST COST SHOWER BATHS

Provided with 5 shower heads, individual control of water temperature and supply, each Bradley Column is a 5-person shower unit—requiring only 3 piping connections as against 15 needed for 5 conventional shower baths. Space and time are saved, installation and maintenance costs drastically cut. . . . For installing near wall, Column Showers are furnished with three shower heads, or—for corner use, with two.

Bradleys are widely used as Columns only, or provided with separating partitions and curtains. Ideal for industry, schools, recreation centers. For complete specifications,

see pages 22 to 26 of Catalog 5601—a copy of which is yours for the asking . . . **BRADLEY WASHFOUNTAIN CO.,** 2281 W. Michigan Street, Milwaukee 1, Wisconsin



BRADLEY
multi-stall showers

Distributed Through Plumbing Wholesalers

NATIONAL FEDERATION GRAPEVINE

MONTANA is one of the few states now sponsoring a state championship series in 8-Man Football. In the past, the different classes have played 6-Man or 11-Man.

A Doctor's Thesis on 8-Man is being written at Indiana U., and state executive officers have been asked to cooperate with it. It will attempt to determine how widely the game is being played, its advantages over 6-Man or 11-Man, and its possibility for expansion.

New Football Picture. The new football motion picture to be produced by the Official Sports Film Service will be made in California during the week of November 19-24. Demonstrations will be by the Redlands H.S. team on the Redlands U. field.

If nearby state associations should care to send their state executive officer or his representative to all or part of the filming, he will be welcomed.

Hawaii. Alvin Chang, physical education director for Hawaii, has set up machinery for the formation of an Island-wide Hawaii High School Athletic Association. One of the provisions of the proposed constitution authorizes application for affiliated membership in the National Federation.

Accessory After the Fact: Last year, thousands of principals, athletic directors, or football coaches received invitations to supply pertinent facts on their outstanding football players. The request was in the form of a "business reply card" by one Mose Simms, representing the Wigwam Wisemen of America with headquarters in Memphis, Tenn. The card did not stop with high school players, but requested similar information on the players in the junior high school. The information is used in the promotion of an "All-American H.S. Football Project."

No responsible high school or college coach or administrative officer will have any connection with the contest. Other city organizations which have been approached in the past have refused to be associated with it. Despite the fact that the project is in disrepute with all school groups, various publicity agencies, including a number of newspapers, have chosen to give the game publicity.

Any coach, director, or principal who lends his assistance through the supplying of names and data becomes an "accessory." If this type project were to be carried to the extreme, it would filter down through the elementary school and involve a similar type of promotion in all the other major sports. The full weight of school opposition should be thrown against it.

Statistical Data. Approximately 8½ million students are enrolled in high schools, and 22 million in elementary schools in the U.S.

TOP-RATING TRAMPOLINS

You get new, improved features in the GYM-MASTER models. There is no under-structure. The entire frame holds solidly to the floor under all performing conditions. JUMBO model has 1/3 larger bouncing surface. Write today for full data.

FENNER-HAMILTON CO.
824 W. 14th Ave., Denver 4, Colo.

NEW AND IMPROVED

RYAN'S H. & R. DRY LINE MARKERS

5 DIFFERENT MODELS
From 20# to 100# Capacity

Force Feed—Instant
Shutoff—100 lbs. capacity.

Shaker in Hopper for
Constant Flow.

Adjustable Control on
Handle.

SAVES TIME AND
MATERIAL

Send to Dept. 5 for booklet on four other models
H. & R. MFG. CO., LOS ANGELES 34, CALIF.



Jayfro BASKETBALL STEEL CHAIN NETS

3 Years Guarantee!
outdoors or indoors

Also Featuring Jayfro's Custom Built
✓ MULTI-PURPOSE ALUMINUM
STANDARDS
✓ SHUFFLEBOARD SETS WITH
RUBBER CUSHIONED DISCS
✓ PADDLE TETHERBALL SETS

• Send for Free Catalog •

JAYFRO ATHLETIC SUPPLY CO.
Dept. 5, Box 1065, NEW LONDON, CONN.

☆ write for literature featuring
american approved jim patterson
**LIFETIME Aluminum
DIVING BOARD**
world's finest official board

AMERICAN

PLAYGROUND DEVICE CO.
ANDERSON, INDIANA, U.S.A.

MASTER COUPON

To obtain free literature and sample goods, carefully check items desired and mail coupon directly to Scholastic Coach Advertising Dept., 33 W. 42 St., New York 36, N. Y. Numbers in parentheses denote pages on which the advertisement may be found.

AALCO MFG. (52)

- ☐ Catalog of Complete Sports Line

ALCOHOL EDUC. (31-34)

- ☐ Additional Copies of Bud Wilkinson Poster

ALUMINUM ATHLETIC (61)

- ☐ Brochure on Hurdles, Standards, Crossbar, Vaulting Poles, etc.

AMERICAN PLAYGROUND DEVICE (63)

- ☐ Catalog of Dressing Room Equipment
☐ Catalog of Playground Equipment
☐ Catalog of Pool Equipment

AMERICAN WIRE (57)

- ☐ Folder on Locker Baskets and Uniform Hanger

BECTON, DICKINSON (Inside Back Cover)

- ☐ Manual on Prevention and Treatment of Athletic Injuries

BENSON OPTICAL (53)

- ☐ Information on Safety Athletic Glasses

BERLIN CHAPMAN (51, 57)

- ☐ Details on Ex-A-Way and Portable All-Steel Bleachers
☐ Details on Pak-A-Way Golf Driving Range

BRADLEY WASHFTN. (62)

- ☐ Pamphlet on Multi-Stall Showers and Wash-fountains

BROOKS SHOE (28)

- ☐ Catalog on Athletic Footwear

BROWN, M. D. (54)

- ☐ Catalog of Scoremaster Electric Scoreboards

CHAMPION KNITWEAR (39)

- ☐ Catalog on Physical Ed Uniforms
(See adv. for offer of Free Gym Suit Sample)

CHICAGO ROLLER SKATE (20)

- ☐ Details on Roller Skating Programs and Skating Equipment

CORTLAND RACKET (49)

- ☐ Tennis Tactics Book
☐ Badminton Book
How many _____

DUCOMMUN, M. (52)

- ☐ Catalog of Complete Line of Stop Watches

DU PONT (1)

- ☐ Processors and Data on High Speed Motion Picture Film

FAIR PLAY (24)

- ☐ Brochure of Figurgram Scoreboards

FEATHER TIP FOOTBALL CLEAT (15)

- ☐ Information on Nylon Steel Tipped Cleat

FEATHERLAX (64)

- ☐ Information on Feather-bite Protective Mouth-piece

FENNER-HAMILTON (63)

- ☐ Literature on Gym-Master Line of Trampolines

GENERAL SPORTCRAFT (2)

- ☐ Official Game Rules Booklet

H. & R. MFG. CO. (63)

- ☐ Booklet on Dry Line Markers for All Sports

HAND KNIT (38)

- ☐ Information on Wigwag Socks for Every Sport

HARVARD TAB. TENNIS (37)

- ☐ Table Tennis Tournament Kit

HILLYARD CHEMICAL (4)

- ☐ Coach's Folder on Gym Floor Finishing, Layout and Marking

HUSSEY MFG. (39)

- ☐ Illustrated Seating Catalog

IMPERIAL KNITTING (57)

- ☐ Information on Award Sweaters

IVORY SYSTEM (Back Cover)

- ☐ Monthly Bulletin, "The Observer"

JAYFRO ATH. SUPPLY (63)

- ☐ Catalog on
☐ Steel Chain Nets
☐ Tetherball Sets
☐ Aluminum Standards

JENNISON-WRIGHT (25)

- ☐ Sample and Specifications of Krealite Flexible Strip End Grain Wood Block Flooring

LABCRAFT (48)

- ☐ Information on Speedy Film Processing

LINEN THREAD (60)

- ☐ Catalog of Gold Medal Nets for All Sports

MAPLE FLOORING (23)

- ☐ Information on Northern Hard Maple Floors

MASTER LOCK (53)

- ☐ Catalog of Combination Padlocks

MEDART PRODUCTS (21)

- ☐ Catalogs on
☐ Basketball Backstops and Scoreboards
☐ Telescopic Gym Seats
☐ Locker Room Equipment
☐ Gymnasium Apparatus

MOHAWK VALLEY (61)

- ☐ Information on Basketball Rebounder and Basketball Blinders
☐ Information on Specialized Scoreboards

MOSBY, C. V. (41)

- ☐ List of Phys Ed and Sports Books

NADEN (58)

- ☐ Electric Scoreboards and Timers
☐ Baseball Catalog
☐ Basketball Catalog
☐ Football Catalog

NATIONAL SPORTS (52)

- ☐ Circulars on Floor and Wall Mats and Covers, and Baseball Bases

NISSAN TRAMPOLINE (27)

- ☐ New Catalog on Nissan Trampolines

NURRE COS. (56)

- ☐ Booklet on All-Glass Banks

OCEAN POOL (49)

- ☐ Catalog of Swim and Pool Equipment

ORTHOPEDIC FRAME (43)

- ☐ Information on Stryker Emergency Splint

PHARMA-CRAFT (56)

- ☐ Information on Ting for Athlete's Foot

PLAYTIME EQUIP. (53)

- ☐ Literature on Steel Bleachers

SEE PAGE 64 FOR OTHER LISTINGS AND FORM FOR SIGNATURE

COACH, TURN YOUR

**MICE
INTO
HE-MEN**
WITH FEATHERBITE



FEAR OF INJURY to tender lips and brittle teeth can cause your team to lose games. See that your team wins by outfitting them with Featherbite Protective Mouthpieces. The coach doesn't have to worry about dental bills either, because Featherbite is so good it gives each wearer a \$250 insurance policy against dental injury. Write today for free literature or see your sporting goods dealer.

Manufactured by
Featherlax Corp.
Melrose Bldg.
Houston, Texas

U.S. Patent No. 2,705,492



"It Does Make A Difference"

ADVERTISERS INDEX

AALCO MANUFACTURING COMPANY	53
ADAMS, JOHN L.	59
ALCOHOL EDUCATION	31-34
ALUMINUM ATHLETIC EQUIPMENT COMPANY	61
AMERICAN PLAYGROUND DEVICE COMPANY	63
AMERICAN WIRE FORM CORPORATION	57
BECTION, DICKINSON & COMPANY	3rd Cover
BENSON OPTICAL COMPANY	53
BERLIN CHAPMAN COMPANY	51, 57
BRADLEY WASHFOUNTAIN COMPANY	62
BRISTOL-MYERS COMPANY	55, 62
BROOKS SHOE MANUFACTURING COMPANY	38
BROWN, M. D., COMPANY	54
CHAMPION KNITWEAR COMPANY	39
CHICAGO ROLLER SKATE COMPANY	20
CORTLAND RACKET DIV. OF THE CORTLAND LINE COMPANY, INC.	49
DUCOMMUN, M., COMPANY	52
DU PONT, E. I., DE NEMOURS & COMPANY	1
FAIR PLAY MANUFACTURING COMPANY	24
FEATHERLAX CORPORATION	44
FEATHER TIP FOOTBALL CLEAT DIV. OF M & S MANUFACTURING COMPANY	15
FENNER-HAMILTON COMPANY	63
GENERAL SPORTCRAFT COMPANY	2
H. & R. MANUFACTURING COMPANY	43
HAND KNIT HOSIERY COMPANY	38
HARVARD TABLE TENNIS COMPANY	37
HILLYARD CHEMICAL COMPANY	4
HUSSEY MANUFACTURING COMPANY	39
IMPERIAL KNITTING COMPANY	57
IVORY SYSTEM	4th Cover
JAYFRO ATHLETIC SUPPLY COMPANY	63
JENNISON-WRIGHT CORPORATION, THE	25
LABCRAFT INTERNATIONAL CORPORATION	48
LINEN THREAD COMPANY, INC.	60
MacGREGOR COMPANY, THE	35
MAPLE FLOORING MANUFACTURERS ASSN.	23
MASTER LOCK COMPANY	53
MEDART, FRED, PRODUCTS, INC.	21
MOHAWK VALLEY SPORTS, INC.	61
MOSEY, C. V., COMPANY, THE	41
NADEN INDUSTRIES	58
NATIONAL SPORTS COMPANY	52
NISSSEN TRAMPOLINE COMPANY	27
NURRE COMPANIES, INC.	54
OCEAN POOL SUPPLY COMPANY	49
ORTHOPEDIC FRAME COMPANY	45
PHARMA-CRAFT CORPORATION	56
PLAYTIME EQUIPMENT CORPORATION	55
PRECISION ATHLETIC GOGGLE COMPANY	52
PRENTICE-HALL, INC.	40
PROGRAM AIDS COMPANY, INC.	40
RAWLINGS SPORTING GOODS COMPANY	3
REMINGTON ARMS COMPANY, INC.	47
RICHARDSON ROD & REEL COMPANY	58
RICHARDS-WILCOX MANUFACTURING CO.	50
RIDDELL, JOHN T., INC.	2nd Cover
ROBBINS FLOORING COMPANY	54
SAFWAY STEEL PRODUCTS, INC.	46
SAND KNITTING MILLS CORPORATION	60
SEAMLESS RUBBER COMPANY	43
SICO MANUFACTURING COMPANY, INC.	59
SNITZ MANUFACTURING COMPANY	58
STERLING NET & TWINE COMPANY, INC.	50
TRAVELRAIN POWER SPRINKLER COMPANY	61
UNITED STATES RUBBER COMPANY	17
UNIVERSAL BLEACHER COMPANY	29
WELLS, J. W., LUMBER COMPANY	16
WILSON SPORTING GOODS COMPANY	6

MASTER COUPON

(See page 63 for other listings)
(Numbers in parentheses denote page on which advertisement may be found)

PRECISION GOGGLE (52)

- ☐ Brochure on Non-Shattering Athletic Goggles

PROGRAM AIDS (40)

- ☐ Catalog on Magnetic Playmaster Coaching Kits

RAWLINGS (3)

- ☐ Catalog of Basketball Equipment

REMINGTON ARMS (47)

- ☐ Instructor's Manual on Operation of Rifle Club

RICHARDS-WILCOX (50)

- ☐ Catalog on Fold-R-Way Aluminum Partitions

RICHARDSON (58)

- ☐ Catalog of Complete Sports Line

RIDDELL, JOHN T.

(Inside Front Cover)

- ☐ Information on Quality Line of Football Equip.

ROBBINS FLOORING (54)

- ☐ Information on Iron-bound Continuous Strip Maple Gym Floors

SAFWAY STEEL (46)

- ☐ Bulletin on Safway Telescoping Gym Seats

SAND KNITTING (60)

- ☐ 1956 Football Clothing Catalog

SCHOLASTIC MAG. (58)

- ☐ Reserve Film Strip During Month of _____

SICO MFG. (59)

- ☐ Catalog of Tuck-A-Way Table Tennis Table

SNITZ MFG. (58)

- ☐ Brochure on Full Line of Tote Bags

STERLING NET (50)

- ☐ Information on Nylon Golf Driving Net

TRAVELRAIN (61)

- ☐ Literature on Automatic Power Sprinkler

UNIVERSAL BLEACHER (29)

- ☐ Catalog of Roll-A-Way Bleachers and Portable Steel Grandstand and Wood Bleachers

WELLS LUMBER (16)

- ☐ Information on Northern Maple for Gym Floors

WILSON (6)

- ☐ Catalog

NAME _____ POSITION _____

(Principal, coach, athletic director, physical director)

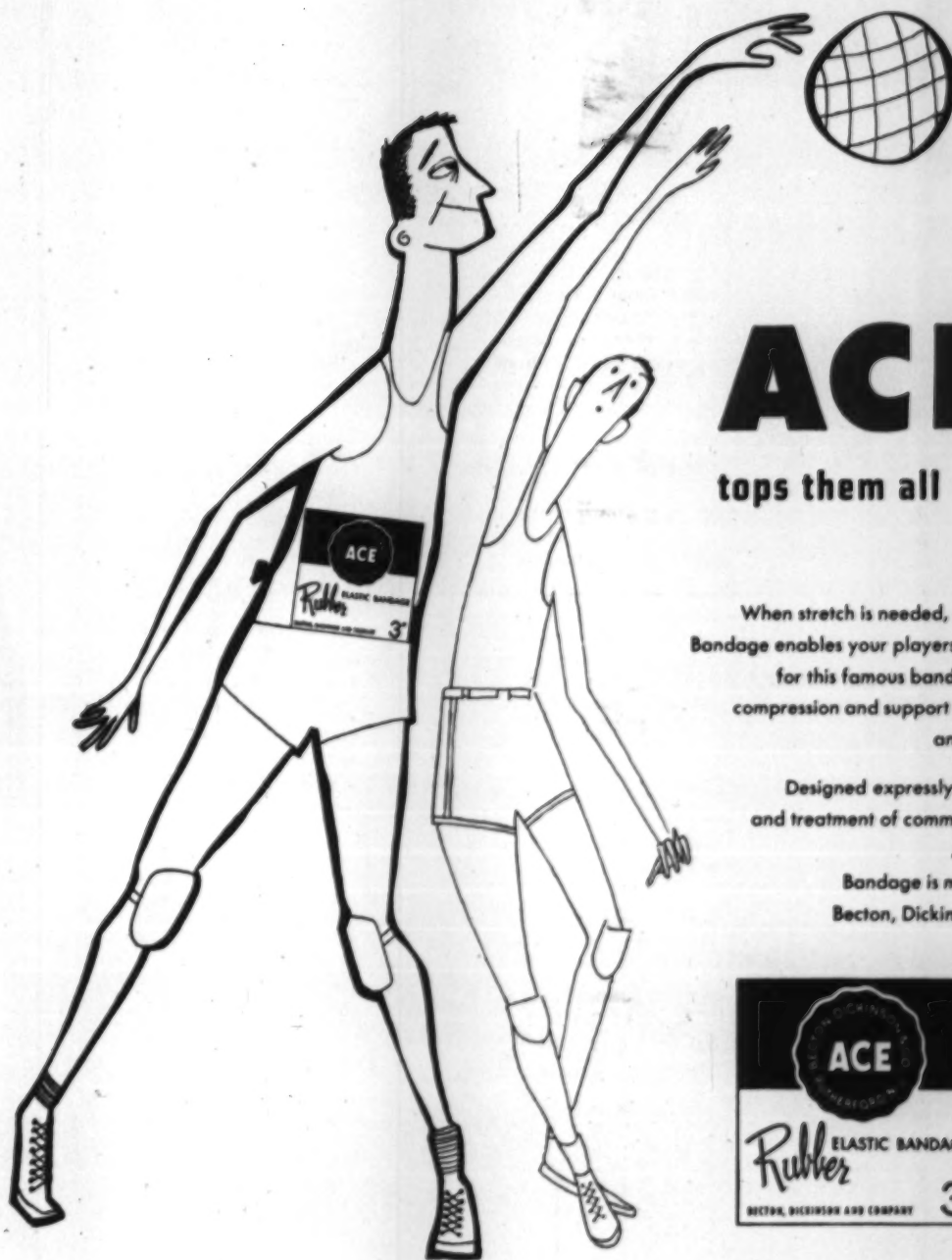
SCHOOL _____ ENROLLMENT _____

ADDRESS _____

CITY _____ ZONE _____ STATE _____

No coupon honored unless position is stated November 1956

when **stretch** is needed...



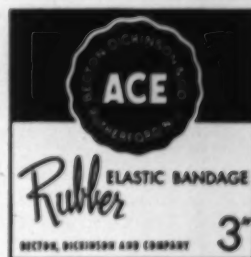
ACE[®]

tops them all

When stretch is needed, ACE Rubber-Elastic Bandage enables your players to "get the jump," for this famous bandage provides extra compression and support for bruised muscles and weakened joints.

Designed expressly for the prevention and treatment of common athletic injuries,

ACE Rubber-Elastic Bandage is made exclusively by Becton, Dickinson and Company.



BECTON, DICKINSON AND COMPANY, RUTHERFORD, N. J.

B-D

PLAY IT SAFE!

**SEND YOUR
FOOTBALL
EQUIPMENT
TO**



IVORY SYSTEM

Why take chances with valuable athletic equipment? Send football shoes, uniforms and protective equipment to Ivory System where you can be sure of expert repairing, cleaning and reconditioning.

Also, with Ivory System you have **complete protection** plus added convenience at no extra cost. From the day the football season ends till next year's practice starts, your equipment is out of your way, fully insured and fully protected in unexcelled storage facilities.

AMERICA'S OLDEST and LARGEST
RECONDITIONERS of ATHLETIC EQUIPMENT

The **IVORY** **SYSTEM** *inc.*

PEABODY

MASSACHUSETTS

SOLE DISTRIBUTORS OF:

VITA-SAN

TRAVELER

Official protective equipment supplier
for the National Football League and
American Football League and other pro
fessional football leagues.

Official equipment and supplies supplier
for the National Hockey League and
American Hockey League and other
professional hockey leagues.